

HEALTH IN YOUR HANDS

Acupressure and other Natural therapies

DEVENDRA VORA





Dedicated
with due respect
to
Mother Nature

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FOREWORD

I have gone through the book written by Shri Devendra Vora on Acupressure Therapy (Reflexology), making available simple directions for using the acupressure therapy to preserve one's health and to cure illness if it overtakes one.

The human body is a perfect machine which can regulate itself, provided the natural rules of food, work and rest are observed. When we transgress natural rules, we create toxins in the body, which the body attempts to get rid of. This attempt is considered as disease and is given different names according to different symptoms. If the transgression of rules is set right by natural methods available to every human being, complete cure is possible without any other aid. This is Nature Cure Treatment which includes the following methods :

- (1) Fasting as long as necessary and then dieting properly, using enema, mud packs, steam and friction baths.
- (2) Using wheat sprouts and their juice along with a raw diet.
- (3) Living only on fresh and raw vegetables, to be taken regularly in a proper manner.
- (4) Using magnets to cure illness as prescribed in Magnetotherapy.
- (5) Adopting Acupressure Therapy which is described in this book in simple language with clear instructions.
- (6) Adopting Urine (Auto) Therapy which can cure all illnesses and maintain both mental and physical health.

Every person can use any one or more of these methods according to his conviction and convenience. What is required is faith in the treatment adopted.

I am glad Shri Vora is publishing this important and useful manual on Acupressure Therapy so that any person who is interested in Natural Treatment can be his own Doctor of Health. I hope this book will be translated in all Indian languages.

Mumbai, Date : 26.4.1982

Agamnigam Digital Preservation Foundation, Chandigarh

— Morarji Desai

PREFACE

Though I am at present engaged in international business, as per my desire, my second choice was to go in for the medical line. Thus, I had an interest in Health Science since my childhood and I used to learn as much as I could about Health Science. My curiosity was amply rewarded in 1977 when I got an opportunity to study Health Science during my tour of the U.S.A. I came to know that Acupressure Therapy was put to test in the U.S.A. and found very useful. I went deep into it and found its roots in India as far back as 5000 years ago. The chart of the soles given in this book is based on the writings of "Sushrut". Acupressure is only an offspring of Nature's own science installed in our body and given as a great boon to mankind. Acupressure therapy was being followed in different forms in different countries and even the Red Indians in the 16th century cured diseases by pressing different points of the patient's soles. Dr. William Fitzgerald and others of the U.S.A. have carried out research on the same and have brought this science to light in the 20th century.

This therapy is capable of solving the present world health problems and giving good health to all in just 10 years.

From the view point of health the world could be divided into :

(a) (About 60%)—those people (including those to be born) who are healthy but liable to catch diseases. With the regular Acupressure treatment, they can prevent illness.

(b) (About 25%)—those people who are suffering at present but can be cured without cost with the help of this science and prevented from falling ill again.

(c) (About 15%)—who require medical help, medicine and/or surgery. There are enough practitioners and hospitals in the world who can take care of these people. Afterwards, they can also be prevented from falling ill, with the use of Acupressure Therapy.

Thus, with proper propagation and teaching of this science, the problems of World Health can be solved. This can be done easily as shown below :

(1) This therapy should be learnt by the teachers of High Schools and professors at the University level and taught as a voluntary subject. These students in turn will propagate this therapy not only in their homes but also in the community around during their vacations.

(2) Retired teachers, professors, Government servants and other educated people can learn it and conduct classes to teach others.

(3) The press can greatly assist by regularly publishing articles on various aspects of this therapy and the experiences of their readers.

(4) It can also be propagated through the medium of Radio, TV and Cinema.

(5) Philanthropic people and charitable organisations, religious-minded people and religious institutions can accept this as a God-given therapy and work for its propagation.

The huge amount which is being spent for health can better be diverted towards better hygiene, better and cheaper supply of nutritious food to the people and thus create a goodwill cycle to bring health and happiness to all.

The World Health Organisation has now given attention to this therapy. The West has accepted acupuncture. Very soon the world will accept this Health Science which is the mother of Acupuncture, Siatsu or Pointed Pressure Therapy.

Nature's gifts like the Sunshine, Air and Water are free and so is this science. Even a child can easily understand and practise it. Any one can practise it himself for his health. Cheap home devices can be used if so desired.

We shall always be grateful to those unknown Rishis-Sages who discovered the points to be pressed for treatment under this therapy installed in our palms and soles and made us aware of these points. We are also grateful to all those who preserved this science through the centuries and to those who have helped to encourage this science.

These Rishis have taught that the Body consists of five elements namely, Earth (*Prithvi*), Water (*Jal*), Fire (*Agni*), Air (*Vayu*), and Space (*Akash*) and all these are governed by Bio-Electricity or Life Battery. In order to maintain proper balance of these in the body, we should take food and drink according to the season. Some food useful in one season can be harmful in another season, e.g. buttermilk and curd useful in summer is not advisable in monsoon or fresh vegetables useful in summer and winter can be a cause of disease in the monsoon, because of excess of water substance and the possibility of the water being polluted in the monsoon. Similarly, the excess of any one of these substances leads to a national health problem e.g. in Japan, cold is very common. It is due to (i) dampness of air (ii) and more water substance contained in their staple food of rice and fish. Incidence of cold means Nature wants to throw out excess of water from the body

and any retention of it would lead to more diseases. The best cure for the people of Japan is to take more food like wheat, have sunbath, drink boiled and lukewarm water, practise more Sun Pranayam and avail themselves of this science. In Afghanistan, there is fire element in the human body. Dry air, staple food, dry fruits and the blazing sun lead to the excess of heat which causes bleeding through the nose. This can be treated by taking more green watery fruits like watermelon, honeydew, etc., avoiding the use of dry fruits in summer and using buttermilk and curd and practising Moon Pranayam.

In this book, I have shown easy way to find out which eatables/drinks will suit our body. If it is practised regularly, our diet will become most balanced and as such we shall be able to control most of the diseases.

I have only to urge all those who love health to follow Nature and carry out research on the guidance given in all the ancient countries and accept whatever is found beneficial.

Louis Pasteur's research about germs is a boon to mankind. But in his enthusiasm, he has overlooked the fact that Man-Human Body—is the greatest of all these germs and is capable of fighting all the germs and throwing them out of the body by creating antibodies. Diseases of these germs enter the body through eatables kept in the open and through overripe fruits as well as through polluted drinking water. We can avoid these things. Therefore, the best cure for health is to empower the Human Battery—to recharge the organs and endocrine glands through this therapy and maintain proper hygiene. If these instructions of Nature are followed properly, good health can be maintained. However, for those already suffering from non-curable diseases, drugs or surgery may be used.

I am most grateful to Shri Morarjibhai Desai, the former Prime Minister of India, for taking great interest in this science and encouraging me to write this book and also for blessing me with his 'FOREWORD'.

I am also grateful to all those who have taken interest in this Health Science and have spread it among a large number of people.

We all stand on the shoulders of our predecessors. We are grateful to all of them. This book is an humble effort to explain Nature's science and its technology in a simple way, from a layman's angle in the hope that it will benefit the people at large.

As laymen, we are interested in quick recovery and would not mind using harmless, complementary medicines. As such, the use of such medicines and of some hints of the Pointed

Pressure Therapy. Shiatsu are included in this book. Acupressure therapy has been tried by more than 5 million people in the last five years and in 85% cases it has succeeded. Nobody has reported any side effects. Several instances can be given here. But the following report of Dr. Rahmaney, M.B.B.S and Homoeopath of Malegaon is very inspiring : "Women working on hand spinning wheels suffer from cuts in fingertips near the nails made by the thread of the yarn. Infection and then whitlow, put them in a very painful condition. Moreover, throbbing pain at night caused sleeplessness and rendered them unable to work during the day to earn their daily bread. And this caused loss of labour for a week or two. Further, the opening of the abscess required dressing for weeks together.

Acupressure treatment was given to hundreds of such patients and they were taught to do it at home. Pressure was given on the nearest point or on exactly the same spot on the opposite hand. By this treatment patients got relief from pain, had good sleep at night, and within 3 to 5 days it was found that the pus and inflammation had gone and the dead skin got peeled off. Now these women press their tired fingers after every 1½ hour and so, there are no more cuts, there is no more pain. They bless me and I thank Acupressure Therapy.

Similarly, I have cured many patients of Mastitis i.e. pain in breasts after delivery. Appendicitis, stomach pain, B.P., etc., by this Acupressure Therapy."

I request all health loving people, benevolent institutions and the Government to give a trial to this therapy and propagate it if found useful. The suggestions given in this book for the treatment of various diseases have been found useful and so are given out for the benefit of all the people without any legal liability.

Let us not forget the kind mother Nature in our pursuit of science. In the end I pray that :

"Welfare be to all the world;
May all be interested in helping others;
Diseases and misery may perish;
And may all the people be Healthy and Happy."

Now, the revised edition of this book is published. I have added chapters about our body, its working and also Nature's other therapies of Nature Cure, Chromo-therapy, Urine Therapy and Biochemic therapy; and many new hypothecations based on my personal examination of over 1,25,000 people. I am grateful to all my readers and publishers.

23-12-1989

- Devendra Vora

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After giving treatment on other points, treatment must be given on point No. 26 (kidney).

For children, treatment must also be given on point 38.

(Note : Treatment suggested in this book is successfully tried on several patients and so is mentioned here for the benefit of all WITHOUT ANY LEGAL LIABILITY.)

OUR BODY

Of all kinds of happiness the best happiness is good health i.e. freedom from any worries about one's body or diseases. That is why we should know more about our body and how to look after it.

According to Science the human body appeared on Earth more than 5 million years ago. It is the greatest wonder. It is surprising to find out which machine of the present machine-age is not placed in our body by the Creator. All these delicate but strong machines work non-stop even for 100 years; and work in unbelievable harmony. Moreover, this human body is capable of curing any disease. Acupressure helps the body in this process of CURE and also to maintain all organs and endocrine glands in a proper working condition—so that we get PERFECT HEALTH and possibility of any disease is greatly reduced.

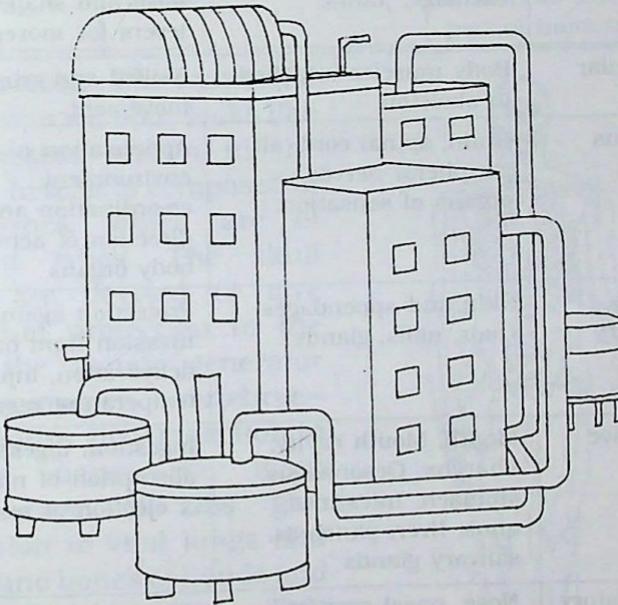


Fig. 1 : Body is like a modern factory

We can compare our body with a most modern, mobile, airconditioned factory. Its building has a cement concrete structure and is built on pillars—the legs which give it movement also. Its first floor, which is upto Diaphragm,

accommodates the nutrition producing plant, filtration plant and even sewage plant to throw out wastage—urine and stools. Surprisingly it has an unique reproduction plant. On the second floor of this human building; there is a non-stop pump (heart) and also aircontrollers (lungs). The upper/top floor is dome shaped and accommodates atomic reactor, super-computer and telephone exchange which has miles long, fastest communication system. And surprisingly, all the plants work AUTOMATICALLY and in co-ordination.

This human factory has the following inbuilt systems in it :

The Organ Systems of the Body.

System	Major Organs, Component Tissues, or Cells	Functions
1. Skeletal	Body bones and cartilage, joints.	Support, protection, give form and shape; act as levers for movement
2. Muscular	Body muscles attached to skeleton.	Skilled and gross body movement.
3. Nervous	Brain, spinal cord, all peripheral nerves, organs of sensation.	Appreciation of environment, co-ordination and direction of activities of body organs
4. Integumentary	Skin and appendages (hair, nails, glands)	Protection against invasion from outside, dehydration, injury, temperature regulation
5. Digestive	Mouth, Mouth cavity, Pharynx, Oesophagus, stomach, intestines, anus, liver, pancreas, salivary glands	Ingestion, digestion absorption of nutrients & ejection of residues
6. Respiratory	Nose, nasal cavities, larynx, trachea, lungs (bronchi and bronchioles), lungs	Acquisition of Oxygen; elimination of carbon dioxide; acid-base regulation
7. Circulatory	Heart, artery, veins, capillary, blood, blood vessels	Transport of nutrients, wastes, cell products to all of the body

8. Immune	White blood cells, certain cells of bone marrow, lymph nodes, spleen etc.	Defence against foreign cells, micro-organisms, parasites, viruses
9. Urinary (excretory)	Kidneys, ureters, urinary bladder, urethra	Regulation of blood composition; formation and elimination of urine
10. Reproductive	Female : Ovaries, Fallopian tubes, uterus, vagina, external genitalia, Mammary glands Male : Testes, Vas deferens, seminal vesicles, prostate, external genitalia	Production of sex cells (Ova, sperm); hormone production
11. Lymphatic (lymph vascular)	Lymph nodes, nodules and vessels, thymus, spleen	Return of fluid to circulation; clearing of dead cells from body. part of immune system

Skeleton : The frame of a fully developed body looks like the skeleton shown in the picture here. It is composed of 206 bones, which are of different types. The skull bones are devised to give maximum protection to the brain—the atomic generator and computer, vertebrae—spine bones give protection to sciatica nerves—the main cable, cage of ribs give protection to vital lungs and heart, and bones of hands and legs give movement. This frame of bones looking like a cement concrete structure of a building is made mainly of calcium and phosphorous and little amounts of few mineral compounds.

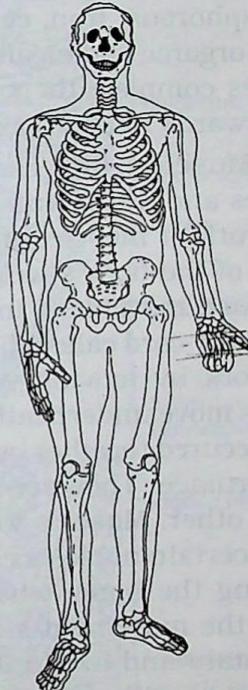
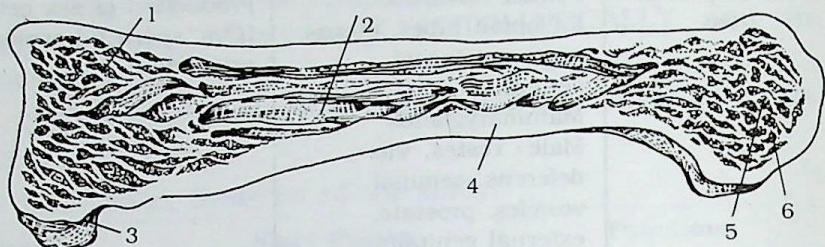


Fig. 2 : Skeleton-cement concrete structure

Many of these bones are hollow inside where the most vital new red cells are generated. So when blood passes through these bones, red cells get mixed into it. That is why when a patient suffers from blood cancer, the bone marrow is also damaged. This in turn leads to less production of red cells and this vicious cycle leads to fatal consequences.



1, 3, 5 and 6 : Tubular Structure at the ends of bone.

2 : Bone marrow-inside

3 : Hollow-inside

Fig. 3 : Structure of a bone

These bones contain inorganic chemicals like calcium, phosphorous, iron, etc. which make these bones hard; and also organic chemicals which produce red blood cells. These bones complete their growth before 20 to 23 years and so afterwards height does not increase.

Muscles : (It is like a brick work and inside plaster.) The bones and their joints are covered with muscles. There is a network of muscles in the body and it weights more than 50% of the body's weight. Muscles are fibrous tissues that produce movement in the body. They are secured to the bones by cord called the tendons. You can easily see tendons at work by moving your hand and noticing where these cords move underneath the skin. The bones of moving joints are secured together by fibres called ligaments and soft pads of cartilage. They act as cushions where bones move over each other. Muscles work in groups, so in order to move a limb certain muscles contract and pull on the tendons, thus moving the bone, while compensating muscles stretch to keep the movement steady. Muscles are of two main types: voluntary and involuntary. The voluntary muscles work as per our will—desire and are mainly concerned with movements of limbs. Involuntary muscles are found in blood vessels, in the iris of the eye, trachea, food pipe, heart,

diaphragm etc. in the body. In general, the voluntary muscles carry out controlled movements, while the involuntary muscles with their slow rhythmic movements are concerned with such automatic functions as breathing, working of the heart, food digestion etc. These voluntary muscles can be developed and made strong by exercises. Heavy exercise build up these muscles, but in that case, these muscles loose their suppleness. But yogic exercises, walking, swimming etc. give suppleness and tone to these muscles.

If there is undue pressure on these joints and ligaments, like when the soles of legs get twisted while walking or when there is a fall, there is a sprain in these joints and ligaments. In such cases, the pain subsides with rest, and hot/cold packs. The affected part should be covered with elastic bands.

Skin : It is like an outside plaster of a building. The framework of bones, skeleton, muscles, and fats, are covered with skin which has seven layers, but only 1.5 millimeter

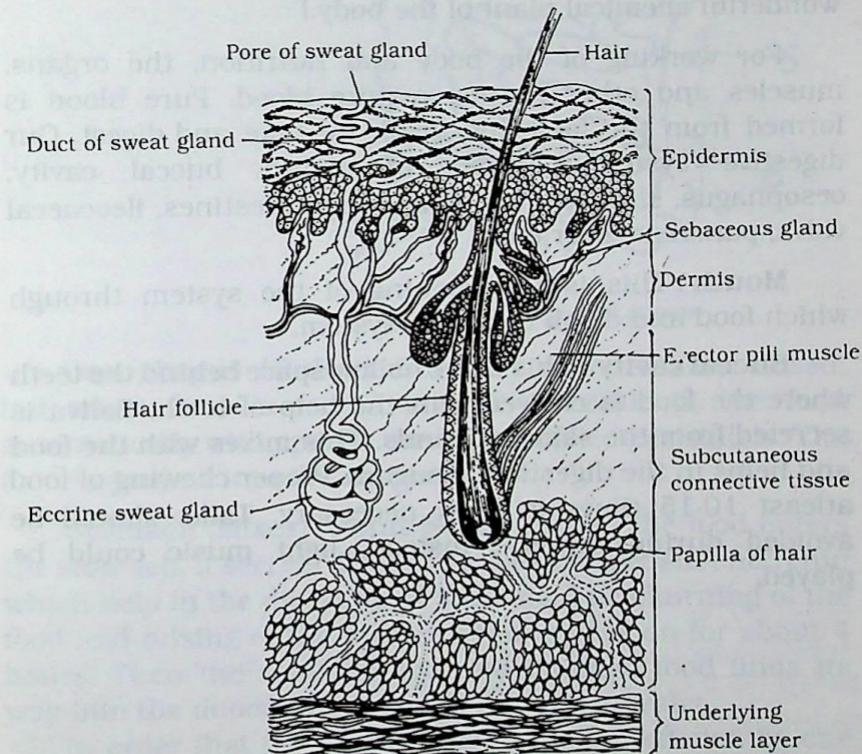


Fig. 4 : Seven layers of skin

thick and it is porous. It has its outer layer and sensory glands which impart to us its sense of touch, the real skin and respiration glands. They are connected with both types of afferent and efferent nerves which take cold, hot, soft, hard, pressure, etc. sensations to the brain and bring back the orders from the brain. The skin protects the muscles and fats of the body. It also prevents bacteria entering into the body. Moreover, many toxins are thrown out of the body through skin, thus serving as blood purifier. It helps removal of certain salts of the body through perspiration. It controls the temperature of the body and prevents cold to enter the body in cold season and throws out heat in the hot season through perspiration. The hair on the skin also assist in controlling the temperature of the body.

Surprisingly, even though the skin is thin and delicate, it is very strong and elastic.

Digestive System : (Nutritive Material manufacturing wonderful chemical plant of the body.) :

For working of the body and nutrition, the organs, muscles and other tissues require blood. Pure blood is formed from the food and drink we take and digest. Our digestive system consists of mouth, buccal cavity, oesophagus, stomach, (small and big) intestines, ileocaecal valve, pancreas, liver etc.

Mouth : This is the opening of the system through which food and drink enter the system.

Buccal cavity : This is the hollow space behind the teeth where the food is chewed with the help of teeth. Saliva is secreted from the salivary glands. This mixes with the food and helps in the digestion of sugars. Proper chewing of food atleast 10-15 times is most necessary. Talks should be avoided during meals, – instead, light music could be played.

1. Salivary glands
2. Gullet
3. Stomach
4. Pancreas
5. Colon
6. Small intestines
7. Appendix
8. Duodenum
9. Gall bladder
10. Liver

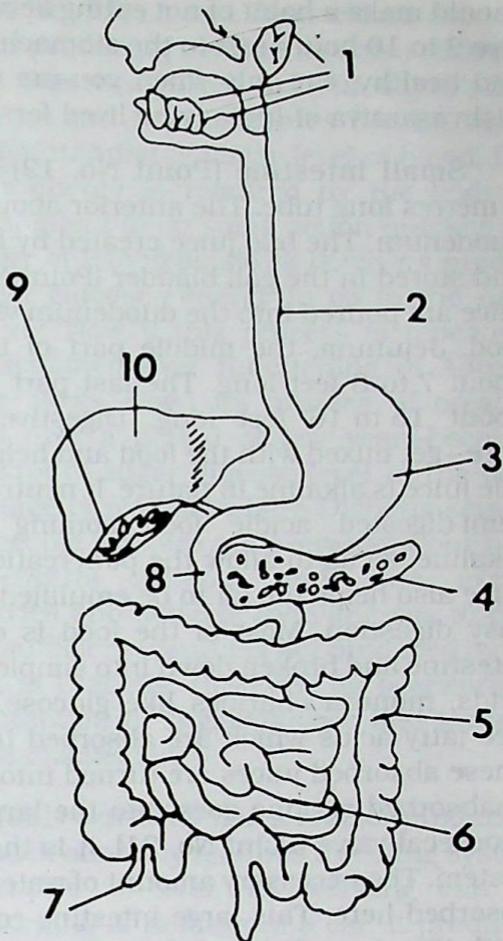


Fig. 5 : Digestive organs

Oesophagus (Gullet) : Normally this remains closed, but when food is forced into it, it conducts the food automatically with special movement called peristalsis. The food is pushed into the stomach.

Stomach (Mixer) : Point No. 27 : When the food enters the stomach, it secretes digestive juices like pepsin and renin which help in the digestion of proteins. The churning of the food and mixing of the digestive juices goes on for about 4 hours. Then the semidigested and liquified food finds its way into the duodenum through the pyloric valve.

In order that the stomach can function efficiently, one should not overload it with food more than necessary, so that it cannot expand and contract properly. Moreover, one

should make a habit of not eating between two meals and to give 9 to 10 hours rest to the stomach at night. "To live long and healthy, eat only when you are very hungry". -Sir M. Vishvasaraiya of India (who lived for 101 years).

Small intestine (Point No. 19): It is about 23 feet = 7 metres long tube. The anterior about 9 inch part is called duodenum. The bile juice created by the liver (Point no. 23) and stored in the gall bladder (Point No. 22) and pancreatic juice are poured into the duodenum where it mixes with the food. Jejunum, the middle part of the small intestine is about 7 to 8 feet long. The last part is called Ilium and is about 15 to 16 feet long. Digestive juices are secreted here – get mixed with the food and help in the digestion. The bile juice is alkaline in nature. It neutralizes and renders the semi-digested acidic food coming from the stomach, alkaline; so as to allow the pancreatic enzymes to act. Bile juice also helps the fat to be emulsified and made soluble for easy digestion. Most of the food is digested in the small intestine and broken down into simpler products like amino acids, monosaccharides like glucose, monoglycerides and free fatty acids which are absorbed in the small intestine. These absorbed juices are turned into blood by Spleen. The unabsorbed residue goes into the large intestines through ileocaecal valve (Point No. 21). It is the world's best sewage system. The necessary amount of water and certain salts are absorbed here. This large intestine consists of the caecum (with the appendix) and the colon which ends into rectum. Depending on their position, the parts of colon are named as ascending colon, traverse colon, descending colon and the sigmoid colon. Inflammation of the colon is known as Colitis. It may be noted that if the food is properly digested and liquid intake is sufficient, the stool is properly formed-soft and nearly odourless.

Appendix (Point No. 21): It is worm shaped tube arising from caecum. It is about 4 inch long and has no function in man; but it often gets inflamed due to accumulation of decaying faecal matter or worms lodging inside it. It causes severe pain and vomiting. This can be corrected with Acupressure treatment, change in diet- (say green juices and fruit juices), and surgery can be avoided.

Pancreas : (Point No. 25) : It is a digestive-an exocrine gland; however as it is producing insulin, it is also called an endocrine gland. Its digestive juices help in digestion of carbohydrates, proteins and fats. It creates Insulin which assists the body in maintaining of sugar level of blood. It is likely that whenever energy is required by the body as demanded by Adrenal gland to do some action quickly; the insulin producing part of Pancreas slows down its process and allow more sugar/glucose=energy to go to the necessary part of the body. Now if this process is repeatedly continued due to excitement-over functioning of Adrenal gland, the Pancreas slows down its process of creating enough Insulin and over a period of few years-becomes sluggish; so the control of sugar/glucose level in the body slows down and a stage is reached where Diabetis sets in. Therefore for those people who are not overweight but have Diabetis, should control Adrenal and cure excess excitedness and worries and activate the Pancreas to cure the Diabetis. Thus if sufficient Insulin is not produced by the Pancreas, the result is Diabetis. However, its overworking leads to more consumption of sugar/glucose and leads to low B.P. : migrane, headache, etc.

Liver (Point No. 23) : Our body has a reactor-producing energy and heat. As such our body requires a cooling system to control this heat-this is Liver. Its working can be compared with the working of radiator of a car. It produces bile juice which is stored in Gall Bladder (Point No. 22) and from there, whenever necessary, it is poured into duodenum-part of small intestine and turns the acidic semiliquid food into alkaline. Now, if the Liver does not function properly and produce sufficient bile and if there is no free flow of this stored bile from Gall bladder into the small intestine, acidity in the digestive system increases; which in turn leads to excess heat in the body. On one hand more acidity in the digestive system leads to gases, burning sensation in the stomach and in gullet, weakening the gums and the teeth, and later on to ulcer in the intestines and the mouth. On the other hand, production of excess heat in the body becomes the root cause of cold due to heat; disturbs the functioning of eyes, becomes one of the root cause for spects; also it makes the

semen, ova thinner-leading to early ejaculation and discharge in sleep for men and also to Leucorreah in women; also leads to problems of skin-falling of hair and is one of the main cause for Jaundice. Such a vicious cycle also leads to short-temperedness.

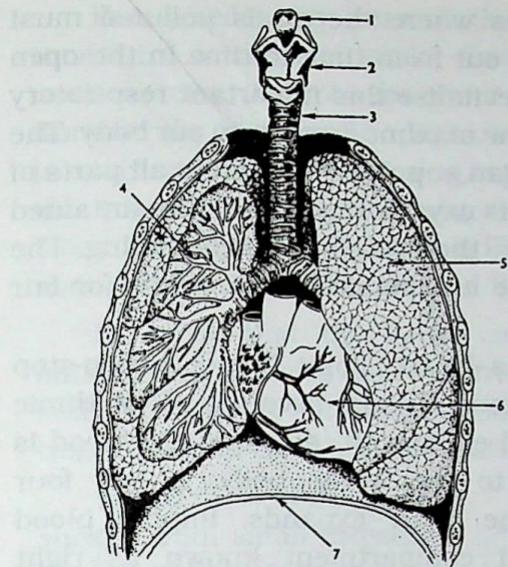
As such proper functioning of Liver is most vital and hence it is the biggest gland in the body. Moreover, it stores fats, minerals and vitamins. It converts sugar into Glycogen and vice-versa and stores it. Moreover, Liver removes toxins and destroys unwanted bye-products.

Thus it will be observed that as proper functioning of many organs of the body depends upon proper functioning of Liver; the quality of Life is rightly said to depend upon Liver. However its functioning is disturbed by excess heat in side the body-such an excess heat in the body is created by less functioning of Liver and also due to cobalt and Infra-Red rays, heat producing Anti-biotic drugs; by drugs which disturb the proper functioning of Liver and also due to exposure to outside heat. In all these cases, it is utmost necessary to take treatment (shown lateron in this book) to reduce excess heat from the body.

Working of Liver is controlled by Adrenal gland (Point No. 28).

Respiratory System : As the body requires food for nutrition, it requires oxygen for energy. For any type of work to be done, body requires oxygen which helps in producing energy from the stored food materials. **This air is of Prime Importance, because if it is not supplied to the brain for more than 3 minutes, the brain stops functioning.**

When the air enters the nose, it is filtered and moistened before it enters the lungs. (Point No. 30) Here impure blood is sent by the heart. The blood in the capillaries of lungs absorb oxygen from the inhaled air and release impurities like carbondioxide, hydrogen etc. which are exhaled out. The purified blood is sent back to the heart from where it is pumped into the body and thus oxygen is supplied to all the organs. (see fig. 6 & 7)



(1) Tongue (2) Trachea (3) Windpipe
 (4) Bronchioles (5) Capillaries (6) Heart

Fig. 6 : Respiratory system

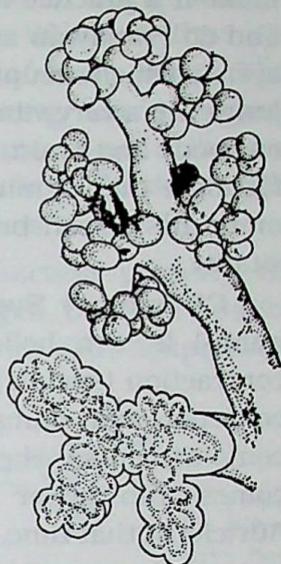
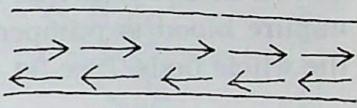
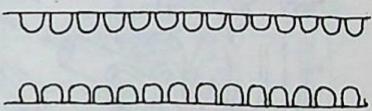


Fig. 7 : Enlarged figure of bronchioles/capillaries

For efficient working of the lungs the passage has to be clear and big enough to allow a two-way traffic for the fresh air to come into the lungs and carbon dioxide to go out. If these walls of passage get covered with cold-phlegm, this free flow of ingoing and out going air becomes difficult and so there is breathlessness.



Clear passage



Picture showing blocked passage

Fig. 8

The capacity of lungs should be fully developed so that it purifies the blood and frees it from all toxins. This can be done with breathing exercises, Pranayam, swimming and running. Easy methods of Pranayam are shown in chapter 5 of this book.

The air to be breathed must be as pure as possible. People working in congested cities, workshops, chemical,

rubber, tobacco factories where the air is polluted must make it a practice to go out from time to time in the open and do Pranayam and revitalise this important respiratory system which occupies the maximum space in our body. The lungs are a very vital organ supplying oxygen to all parts of our body and brain. If this oxygen supply is not maintained for more than 3 minutes, the brain stops functioning. The more air we can breathe and retain it, the better for our vitality.

Circulatory Systems-Heart : Point No.36 (a non-stop pump) It is a hollow muscle and because of rhythmic contraction (systole) and expansion (diastole) the blood is collected and pumped to the whole body. It has four compartments; when the heart expands, impure blood comes into upper right compartment known as right Auricle; at that time, the purified blood also comes into 2nd upper left compartment known as left Auricle. From there, impure blood passes through the valve into right ventricle—the lower right compartment; and the purified blood passes through valve into lower left compartment known as left ventricle. Now when the heart contracts, the impure blood is pumped into lungs and purified blood in the whole body. (See fig. 10)

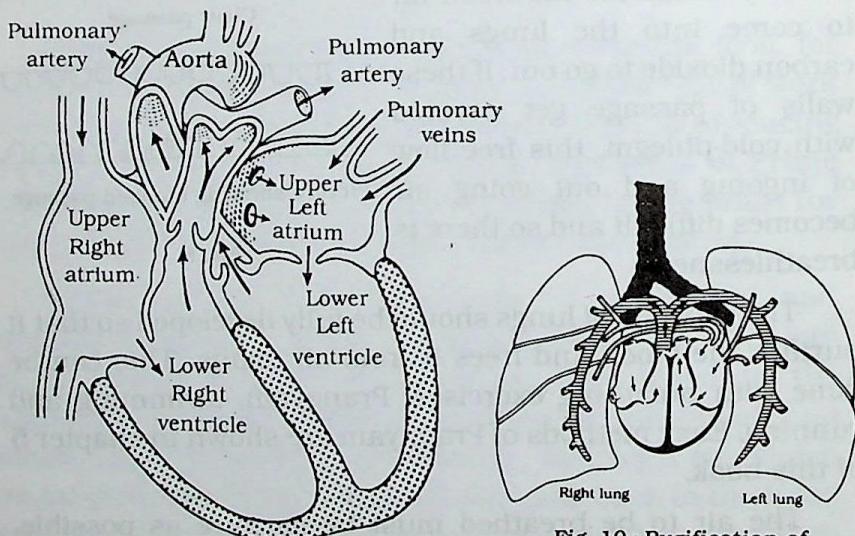


Fig. 9 : Heart with four compartments

Fig. 10 : Purification of blood in lungs

For a sedentary person, the heart throbs about 72 times in a minute while for persons doing manual work-exercise, it throbs for about 50 to 60 times—thus less work for the heart and so less danger of Heart Attack. This is main reason why running, swimming, exercises, yoga etc. are advised. Moreover, in a minute about 5 litres of blood flows from the heart. It is like a closed fist and weighs about 250 gms in a female and 300 gms in a male.

In order that the heart can function properly the outside wall muscles also require oxygen, blood circulation and electricity. It can be revitalised with rest, Acupressure treatment and Gold charged water.

Blood : Out of the extract sucked from small intestines the liquid juice is turned into blood by spleen (point no. 37.) It then goes into the heart from where it is pumped into the whole body providing nutrition and oxygen to all its cells. Carbon-toxins are sucked by blood and brought back to the heart which in turn pumps blood into the lungs for purification before it is pumped again into the body.

Blood also passes through the kidney (point no. 26), where it is filtered and toxins are then passed out by the kidney to the bladder (point no. 18) and then thrown out of the body. If lungs are not functioning properly it will not be able to suck all the carbon toxins from the blood. This will thus put an excess burden on kidney rendering it unfit to filter all the toxins from the

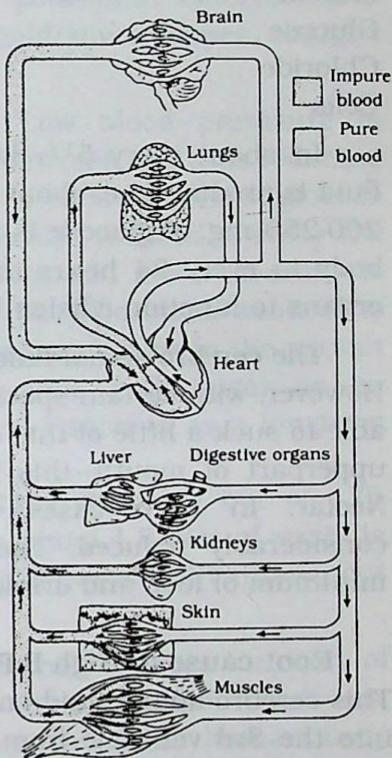


Fig. 11 : Circulation of blood

blood and then throw them out of our system. The unfiltered toxins are thrown out of the system through skin and are known as skin problems.

Cerebro Spinal Fluid : When blood goes into head, it passes through 1st and 2nd ventricle, where cerebro spinal fluid is extracted from the blood. This is a very vital life juice-nectar of life. (Yogis call it Nectar= (अमृत). This cerebro spinal fluid rotates in the brain and goes down in the spinal cord upto Prostate gland and keeps the nueron motors working.

100 millilitres of cerebro spinal fluid contains :

Protein	15-45 mg
Glucose	40-50 mg
Chloride	720-750 mg
Cells	0.5 + lymphocytes etc.

In about every $5\frac{1}{2}$ hours 125 ml of cerebro spinal fluid is produced i.e. about 545 ml cerebro spinal fluid and 200-250 mg. of glucose is produced and consumed by the body in every 24 hours and gives vital energy to all the organs to function efficiently.

The cerebro spinal fluid does not get mixed with blood. However, with certain special yogic exercises, the yogis are able to suck a little of this cerebro spinal fluid through the upperpart of mouth -this is called "अमृतक्रिया"-drinking of Nectar. In such cases, the thirst and hunger are considerably reduced. The yogis are known to live on minimum of food and drink.

Root cause of High B.P.:

This cerebro spinal fluid enters into the 3rd ventricle from the bottom, rises upward and then goes into the central nervous system through a small outlet. Now due to excess Sodium-(salt= Sodium Chloride) in cerebro spinal fluid or due to

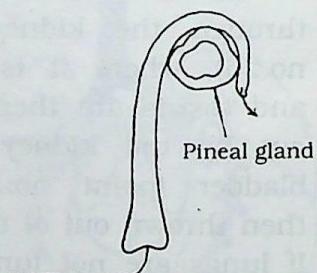


Fig. 12 : Picture showing 3rd Ventricle and Pineal gland below the small outlet

tension, the tiny hair like cells in the valve of outlet, get stiff and hamper the proper flow of cerebro spinal fluid into the central nervous system. So the pressure—(force to send the cerebro spinal fluid upward) increases in the 3rd ventricle causing what is known as high blood pressure (High B.P.) The Pineal gland situated under the valve gets damaged when B.P. increases and thus its working is impaired. As it controls all other glands, their working is also damaged leading to problems in the body. So the best way to control high B.P. is (1) to control the Pineal and other endocrine glands through Acupressure as an immediate cure and (2) for long term cure reduce sodium salt intake in food (One can take Rock salt i.e. potassium chloride) and (3) empower the system by gold/silver/copper charged water.

Root cause of Low B.P.: Low blood presssure is caused by the over functiong of Pancreas and thus reducing sugar-glucose level in the blood; in turn the level of glucose content in cerebro spinal fluid is also reduced, thereby the supply of energy to the vital brain and motor neurons is also reduced; consequently the body becomes weak. It is therefore, necessary to give an extra glucose to the patient by giving him hot tea/coffee, milk with sugar as an immediate treatment and control Pancreas as a longterm cure.

Excretory (Urinating) system : Everyday out of 175 litres of blood filtered by kidney, about 1.5 litre of waste is sent to the bladder from where it is periodically thrown out as urine.

Reproductive System : This has a great function of reproduction through which human race continues. Suprisingly male and female parts of the human body machine are capable to produce same type of humans and also to give one of the great joys of life. It is therefore, necessary to take proper care of its organs, keep them hygeinically clean and not waste semen and ova when puberty is reached around the age of 12 to 14 years in girls, when their menstruation cycle starts and 14 to 16 years in

boys, when they start growing moustache and beard on face; and preserve same till marriage.

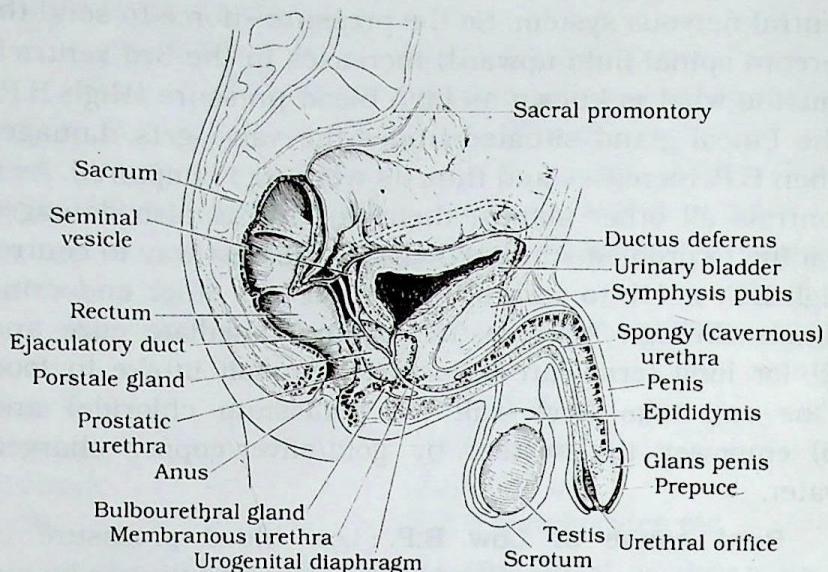


Fig. 13 : Reproductive organs of a male

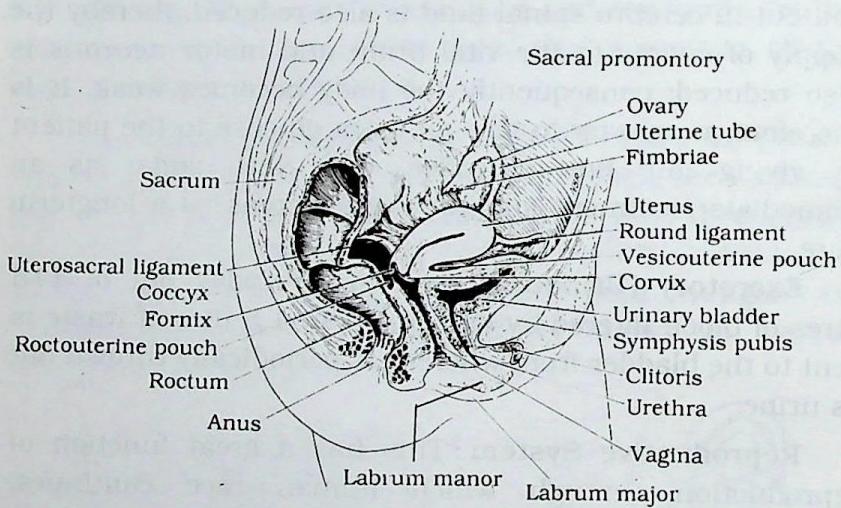


Fig. 14 : Reproductive organs of a female

Immune System : Our body has an inbuilt excellent protective system which creates antibodies through the creation of white cells and throws out the dead cells through Lymph glands (point no.16) This is a unique defence system always active against the intrusion by

foreign cells, micro-organisms, parasites and viruses in our body.

In our body—a mobile factory—there are several instruments delicate but powerful. These are interrelated through the Brain. These organs of five senses of **TOUCH** (**Skin**)-**Smell** (**Nose**) **Taste** (**Tongue**)-**Hearing** (**Ears**) and **Vision** (**Eyes**)-enable us to learn-earn and enjoy Life.

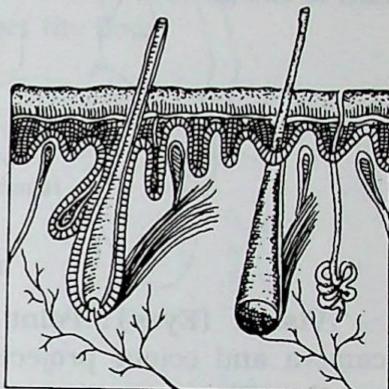


Fig. 15 : Skin



Fig. 16 : Nose

Nose : Over and above breathing through the two nostrils and maintaining the equilibrium of heat in the body, the nose enables us to smell.

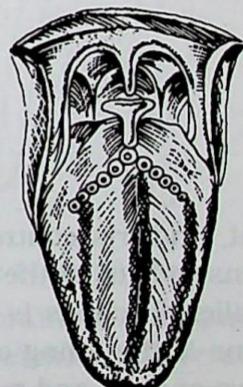


Fig. 17 : Tongue

Taste : The tongue enables us to get all types of tastes—one of the best experiences in life. It also controls our speech.

HEALTH IN YOUR HANDS

Hearing (Ears) : (Point. No.31) It is a most profound sound system and enable us to acquire knowledge by hearing perception. Only when we can hear, we can speak; the combination of hearing and speech is like an accordian-musical instrument placed in our throat—so that one can sing the finest tunes.

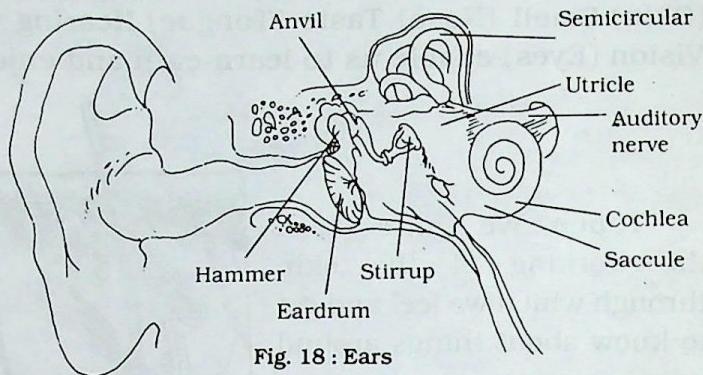


Fig. 18 : Ears

Vision (Eyes) : (Point No.35) They constitute the camera and colour projector. All the parts of eyes work together. The cornea is something like a window that lets in

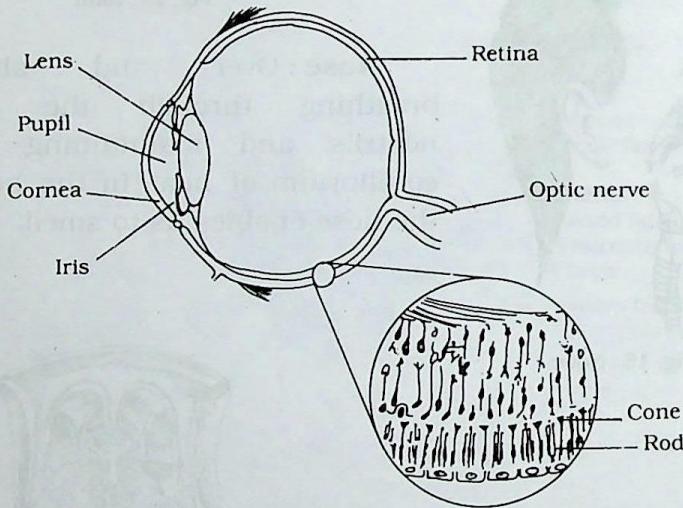


Fig. 19 : Eyes

light, and iris control the amount of light. In dark, pupil opens wide to let the light come in and in bright, it becomes smaller. The lens is a tissue that adjusts like a focus. The retina is the lining of the inside of the eyes and has many nerve ending, and reacts when light falls on them which is filled with small cells called rods and cones. Cones are

sensitive to colour. Rods are not sensitive and enable us to see in less light. The optic nerve is the pathway to the brain and carries signals—through optic nerve the eyes get the electric current from the brain.

Central Nervous System : (Communication system—Telephone Exchange) : This consists of the brain, brain stem, sciatica nerve and miles of nerves coming out of this sciatica nerve and spread all over the body.

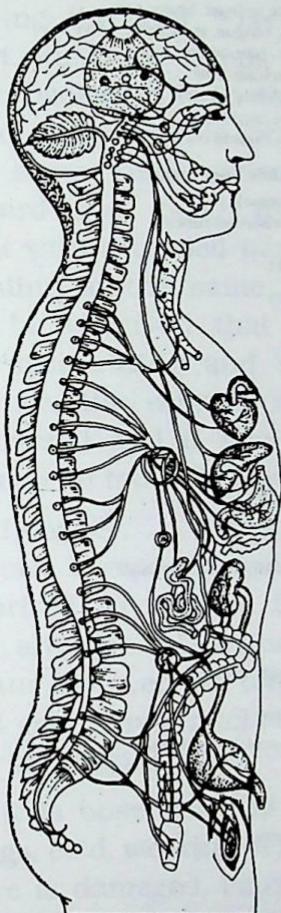


Fig. 20 : Central nervous system

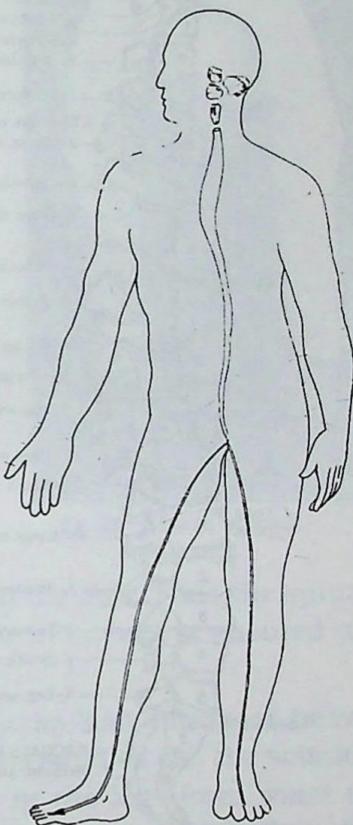


Fig. 21 : Sciatica nerve

It may be noted that below the brain—the telephone exchange a quarter inch ($\frac{1}{4}$ of an inch) thick sciatica nerve (can be called as the cable cord of telephone system) passes down through the vertebrae of spine reaching up to

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coccyx, gets divided into two and then goes all the way down to both legs and finally to the toes as shown in Fig. 21.

It will be observed that small nerves coming out of the spinal cord—sciatica nerve are joined to different organs in the middle and front part of the body as shown in fig. 20 & 22. If there is any disturbances/impeachment on this spinal cord, the flow of electricity to the connecting organs is

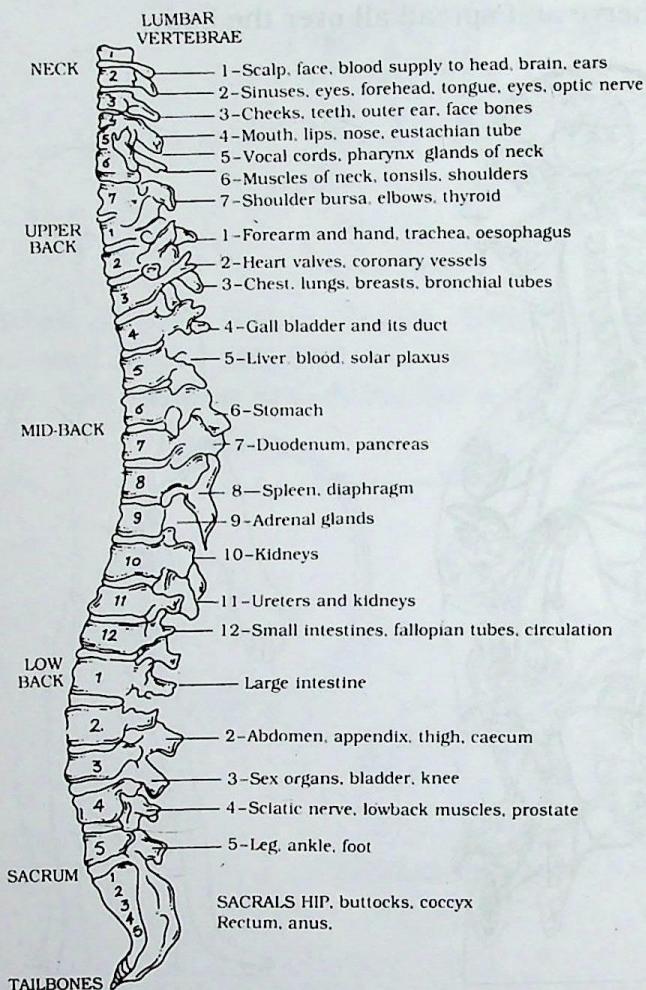


Fig. 22 : Picture showing different lines coming out of vertebrae connected with different organs.

hindered. If, for example, vertebra no. 4 is subdued, it impairs the speech and stammering is caused. When treatment is given on this point of vertebra no.4, the problem of stammering is tackled—cured.

In the same way, if due to cold, the point on sciatica nerve between vertebra no.6 and 8 is damaged it transmits pain to the muscles around the heart and this indication is mistaken as a heart problem.

Thus it is very vital that the sciatica nerve works properly. For this reason sitting erect is necessary and the following daily exercise will be found very useful.

In the morning stand erect keeping the legs $\frac{12}{15}$ inches apart. Raise the hands and try to go backward from the waist as much as possible inhaling at the same time. Then come forward and bend from the waist with extended hands and exhaling at the same time. It will be observed that due to improper sitting and sleeping practice, the sciatica nerve is contracted and it may not be possible to touch the ground.

However, when this exercise is repeated, you will be surprised to observe that not only are you able to touch the ground but even go—touch behind the legs. Thus the spinal cord gets fully stretched and flow of energy is ensured all over the organs.

It is observed that due to jerks and lifting of heavy things, cold, wearing of high heeled sandles etc. the sciatica nerve is damaged, causing pain in the legs from waist to toes, knees etc. There is no damage to vertebrae and so the root cause is not detected even in X-rays. However pressed on the points of sciatica nerve as shown in fig. 42 (a) & (b), pain will be felt. After treatment on the points of sciatica nerve in both the legs, all pain in legs including knee pain will subside.

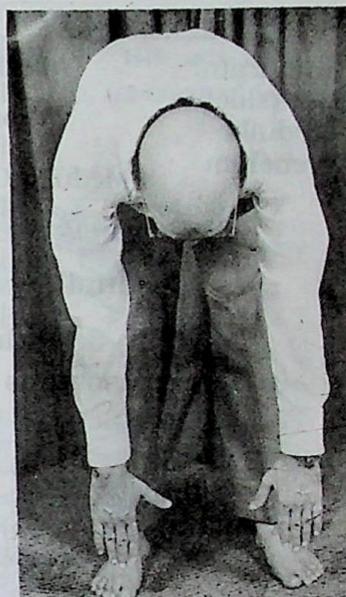
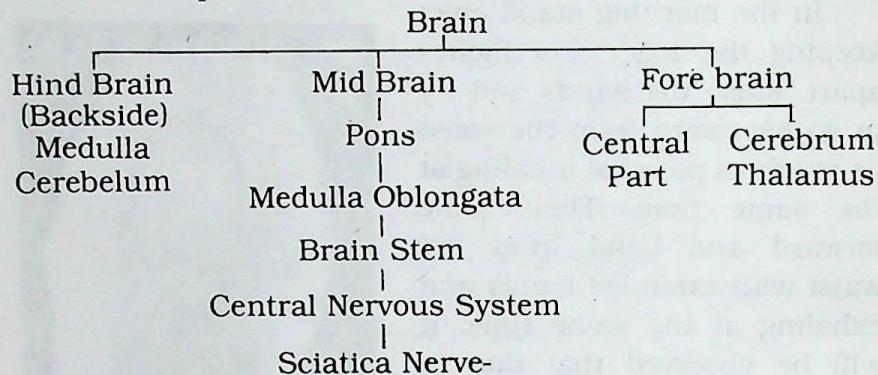


fig. 23 : How to stretch
spinal cord

CHAPTER 2

BRAIN-THE ATOMIC REACTOR- BIO-ELECTRICITY

Brain : It is an Atomic Reactor-Super Computer and also Telephone Exchange of our body. It is the most important part of our central nervous system. Being of great importance, it is protected by skull and also kept floating in the cerebro spinal fluid. It consists of :



(popularly known as Spinal Cord upto lower lumbar &
as a Sciatica Nerve from Coccyx upto toes)

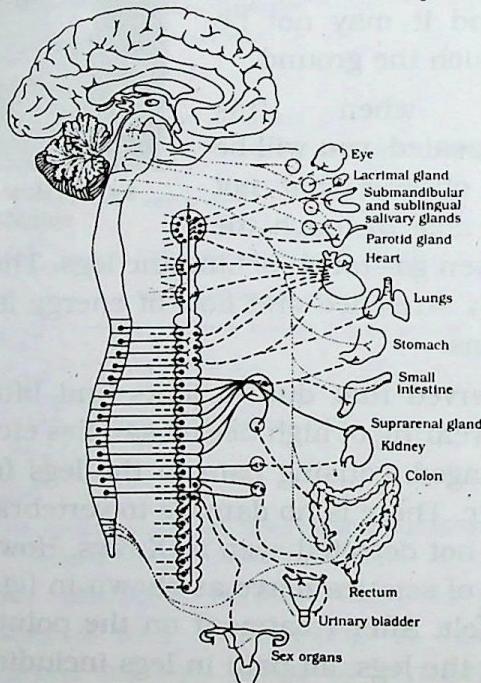


Fig. 24 : Brain and Central Nervous System

Cerebellum (Small Brain) : It is a bundle of nerves like an armature dynamo in a car. When blood passes through it, electricity is produced. The positive current is sent to the brain through first ventricle and the negative current through the second ventricle. These positive and negative current recharges the brain cells—the battery of the body and thus keep the motor neurons working. It controls and regulates the unconscious internal activities of the body. Moreover it coordinates the muscular movements while walking and running and maintains posture and equilibrium of the body. Till birth, all the activites are controlled by the small brain. After birth, its control is taken over by the big brain—Cerebrum.

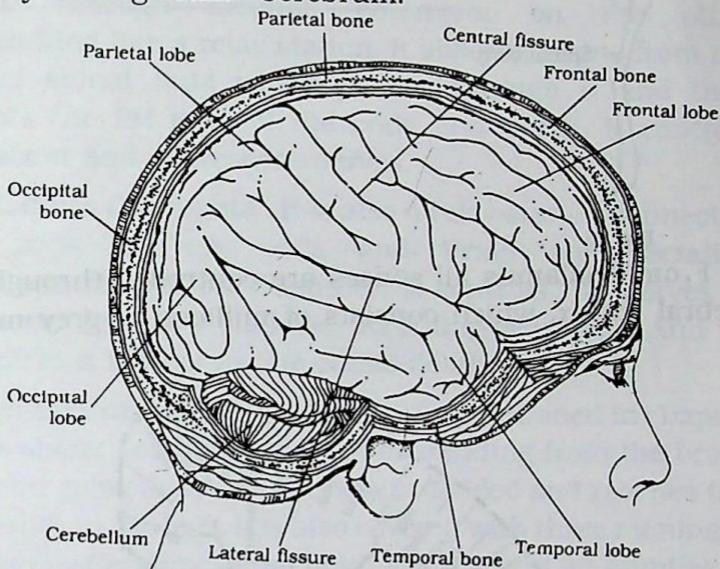
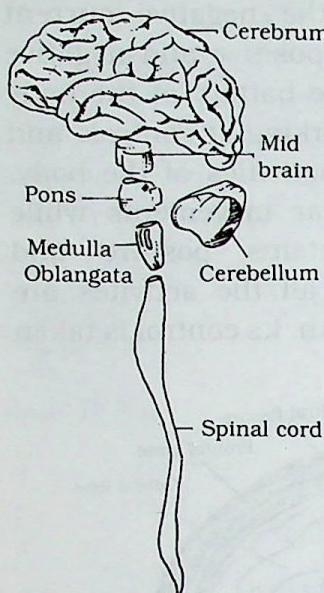


Fig. 25 : Inside of Cerebrum (big brain)

Cerebrum (Big Brain) : It is the supercomputer. All the knowledge gathered through the five senses, is passed on to the big brain through efferent nerves and this information is analysed on the basis of past knowledge and experience and necessary orders are prepared and passed on to required organs through efferent nerves. This Cerebrum is made of two large hemispheres each containing different sets of nervous centres. The right side of the brain controls the left side of the body and left side of the brain controls the right side of the body. There are about 20,000 chips in this supercomputer and we hardly

HEALTH IN YOUR HANDS

use 10% of the same. It is said that even for the Greatest Scientist like Albert Einstein, only 15% of the brain was working.



Part of Central Nervous System	Controlling activities
Frontal lobe	Judgement and reason
Parietal lobe	Movement and senses
Occipital lobe	Vision
Cerebellum	Muscle coordination
Temporal lobe	Speech and hearing
Medulla	Autonomic activities, such as breathing and heart beat.
Pons	PH level and death

Fig. 26

From Thalamus all senses are controlled through the cerebral cortex, which consists of millions of grey matter

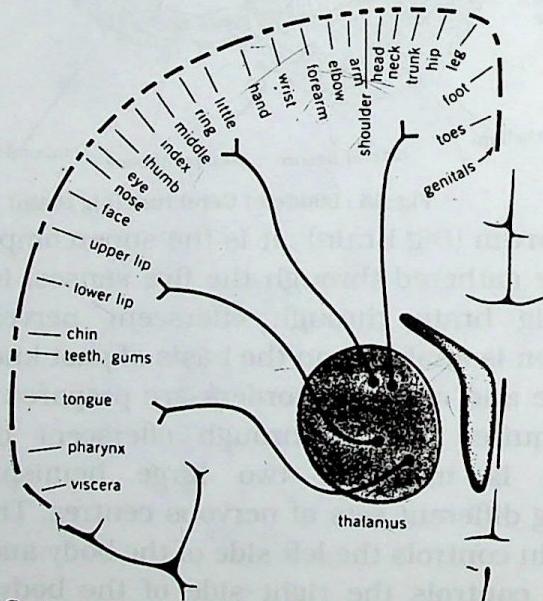


Fig. 27 : Cortex and its control over various organs of the body

and millions of cells of white matter inside and which in turn carry in and out the messages. See the figure 27.

Brain stem consists of midbrain, pons and medulla oblongata.

Midbrain : It is the upper part of the brain stem and is composed of hypothalamus, thalamus, pituitary gland and limbic system. All together they control the basic drives of hunger, thirst, body temperature and activities of all the endocrine glands.

Pons : It has a set of 12 pairs of nerves connected with small and big brain on one side and the central nervous system through medulla oblongata on the other side-working like a relay station. It absorbs toxins from the cerebro spinal fluid which passes through it and thus controls the PH level of the body and death. It controls efferent and afferent nerves.

Medulla Oblongata : It is also a relay-station connected with pons on one side and Brain stem-Sciatica nerve-spinal cord on the other. It controls the nerves of automatic activities such as breathing-heartbeat. And so damage to it results in immediate death.

Spinal Cord : (Sciatica Nerve) : As mentioned in chapter 1; it is about 1/4 inch thick cord extending from the brain stem and going down to coccyx-gets divided and reaches the end of toes in the legs. It is also covered with three meninges and also by Cerebro Spinal fluid. It is made of 31 bundles of nerves which consists both sensory and motor nerve fibres and carry out impulses to and from brain. Upper part of spinal cord is called **Peripheral nervous system**-consisting of (I) Somatic system which controls the skeletal muscles and receives sensory information from the skin, muscles and (II) **Automatic system** which controls the involuntary working of the glands, the heart, the blood vessels and linings of stomach and intestines. This automatic nervous system is subdivided into the sympathetic and the parasympathetic which are antagonistic in their action. While **sympathetic nerve system** stimulates the activities of the

connecting organs through tissues and ganglia, the parasympathetic system brings these organs back to normal.

Thus, we know the body functions automatically as long as the vital organs get nutrition and oxygen through the blood for which proper functionin of lungs, heart and digestive system is absolutely necessary. Moreover the controller of these organs of body i.e., the brain and central nervous system gets nutrition through cerebro spinal fluid. However, the whole body becomes listless when there is no supply of power-energy-electricity-pran-chetna life-current in it. Through long and sustained research it

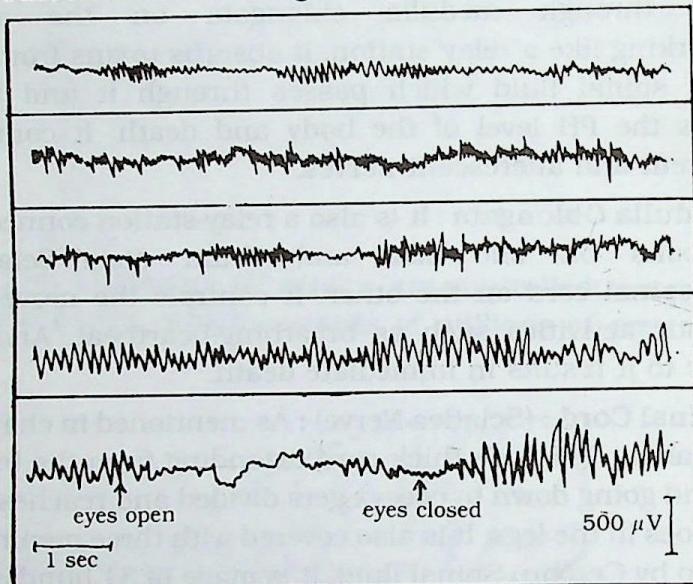


Fig. 28

Normal EEG patterns from different regions of the cortex. Alpha waves predominate in parietal and occipital areas; beta waves in precentral area. Alpha waves are blocked when eyes are opened.

Characteristics of Normal EEG Waves

Wave	Frequency sec (Hz)	Voltage (μ V)	Where and When Recorded
Alpha	10-12	50	Parietal and occipital, at rest with eyes closed. Brain is alert but unoccupied.
Beta	13-25	5-10	Frontal, when brain is stimulated by sensory input or mental activity
Delta	1-5	20-200	Sleep, brain damage
Theta	5-8	10	Temporal-occipital, emotional stress; noxious stimuli

has been found that there are three types of electric currents—Alpha, Beta and Gama (सत्त्व-रजस्-तमस्) which are produced in the brain cells. The picture on page 34 shows the EEG patterns of these currents and clearly proves the existence of Bio-electricity in our body.

In order to know how this electricity is produced in our body, we must know how the body itself is produced.

Reproduction system : When there is a union—intercourse between a man and a woman, semen containing about 4 to 5,00,000 spermatozoa is discharged by the male organ into the vagina and only when a sperm is successful to enter the egg of the woman, it creates an atomic explosion—the child is born.

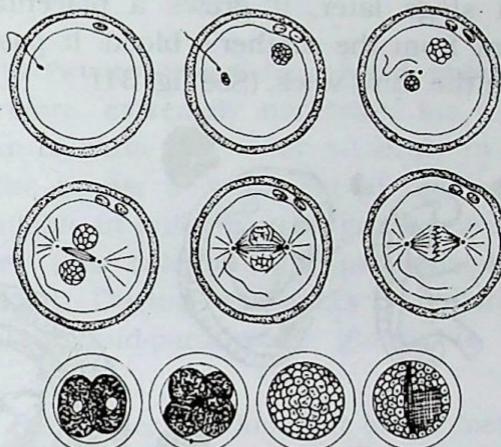
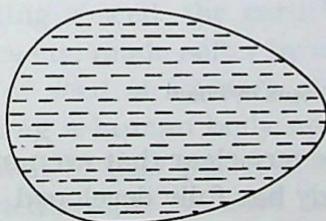
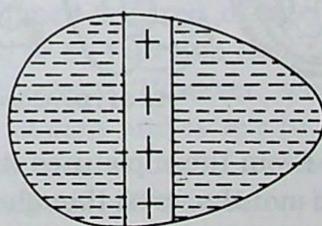


Fig. 29 : Picture showing entering of sperm into egg and multiplication

The egg of a female is like minus (---) electricity and when a spermatozoa which is like + positive electricity enters into it, a battery cell is created-produced as shown below :



Egg-negative electricity



Sperm-Positive electricity

Fig. 30

This fertilised egg then goes on dividing into two and four—thus becomes a quaduplicate and afterwards goes on dividing in quadruples only—thus our body has a 4 cylinder electricity producing atomic reactor—battery. The size of this quaduplicate cell is so small that it can be seen with electron microscope but later on it develops into a full sized body of about 60 /66 inches in height and 60 to 70 kilos which means an expansion by more than 600 crores i.e. 60 billion times—the greatest wonder of the cosmos.

The fertilised ovum passes down to the fallopian tube—beginning to divide and divide and by the time it reaches the uterus, it will have formed a mulberry like group of cells. At a stage later, it grows a placenta to absorb nourishment from the mother's blood. It passes the fish like stage in the third week. (See fig. 31)



Fig. 31 : Development of foetus in womb

From these pictures it will be very clear that even after four months, even though the body has fully developed, the foetus is only about 8 inches and weighs hardly 120 grammes.

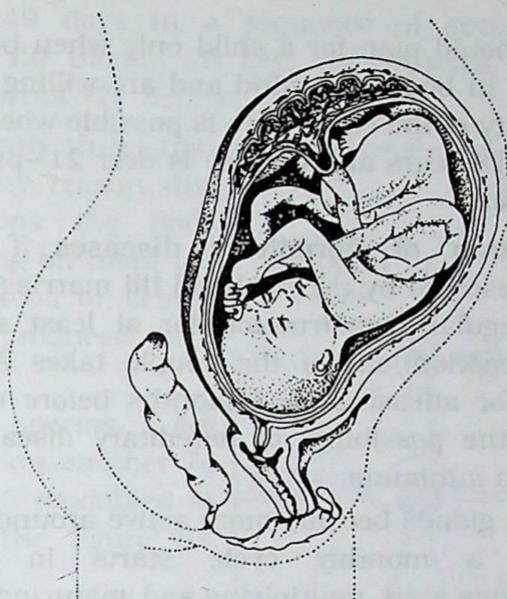


Fig. 32 : Picture of 16 week-foetus fully developed

It is, therefore, extremely necessary for a pregnant woman to take calcium and other minerals in sufficient quantity for the proper development of the foetus. This calcium is available in milk, banana, green vegetables and fruits. However this calcium and minerals should be properly digested. During pregnancy therefore, proper functioning of thyroid-parathyroid glands is of prime necessity.

Moreover, the proper development of the foetus in the mother's womb and of the child later on, depends upon the union of the sperm with the egg; so it is of utmost importance that this sperm should be strong and the egg as pure and healthy as possible.

It is really surprising that we take great care in planting a seed—the earth is ploughed—cleared of weeds, stones etc; made softer by watering or by rain and then the best of seed is sown in a proper season. However, while planting a human body no care is taken and is left to an accident to take place. It is the bounden duty of a newly married couple to have full knowledge of the body—the human reproduction system and about the birth of a child—besides of course child care.

They should plan for a child only when both of them are healthy in body and mind and are willing to take the responsibility of the child. This is possible when the girl is more than 18 years and the boy is over 21—preferably 24 years or more.

Prevention of hereditary diseases: If semen is properly preserved by the husband till marriage and if the wife has regular menstruation for at least seven times before conception and if the couple takes Acupressure treatment for atleast 3 to 4 months before the child is conceived, the possibility of hereditary diseases can be reduced to a minimum.

The sex glands become more active around the age of 12, when a monthly cycle starts in girls and semen—sperms start multiplying and maturing in boys. It is like a raw clay brick and requires heat treatment. It is worth noting that this semen is not stored anywhere in the body but it becomes syndrome of the body and can be seen as pure white half moons in the nails.

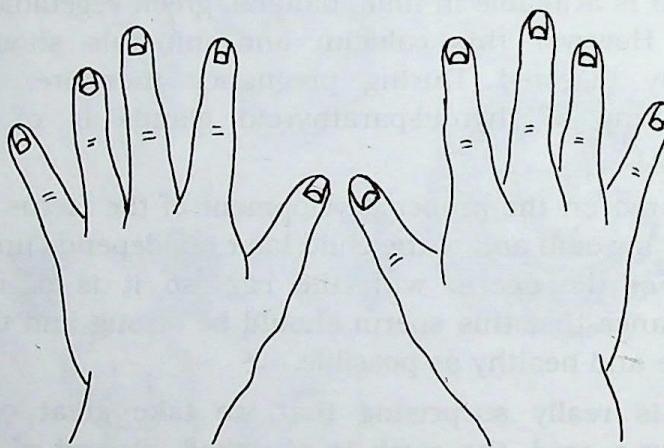


Fig. 33 : Picture showing half white moons in the nails

As such if this precious semen (वीर्य) and (रज) ova are not wasted till the age of 24 in male and 18 in female, this syndrome becomes powerful and strong, so as to protect the body for a lifetime. It may be noted that out of about 40 kilos of food we digest only one kilo of blood is formed and out of one kilo of blood only a few drops of semen are

formed in 49 days in a sequence of seven steps of
 (1) Liquid (2) Blood (3) Fat (4) Muscles (5) Bones
 (6) Bone-marrow (7) Semen.

This clearly shows that if due to any reason this process stops the body starts putting on more fat. Moreover, blood or semen cannot be produced in a laboratory.

After sperms are created it takes another 74 days to get it redoubled as shown in the figure 34.

A.I.D.S :

Now, due to excessive abuse of sex, when the level of semen goes down, the process of doubling this semen becomes slow and induces reverse process of damaging the bone marrow - bones - blood - which in turn slows down the process of creating enough red cells and enough antibodies.

Thus the syndrome is weakened and when overworked endocrine glands stop producing vital hormones, this syndrome breaks and the body becomes prone to 'AIDS'.

Another cause of 'AIDS' (Acquired Immune Deficiency Syndrome) is sex relation with persons suffering from 'AIDS'.

'AIDS' may also be caused through blood transfusion. If blood of a person suffering from 'AIDS' is given to a patient, the latter may acquire 'AIDS'. If all the blood collecting

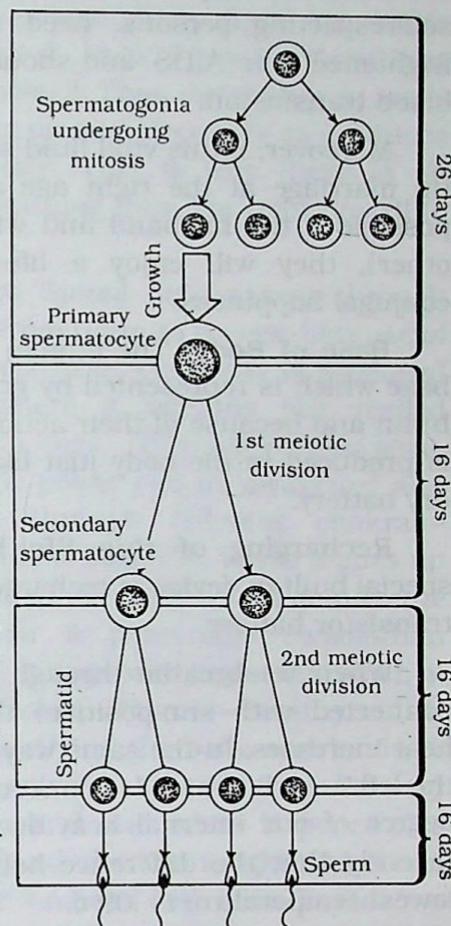


Fig. 34 : Reproduction a sperm

agencies, therefore take precaution and care in checking the blood of the donor, this cause can be removed.

Thus, it may be observed that self-conscious and self-respecting persons, need not worry about and get frightened over 'AIDS' and should be careful only in taking blood transfusion.

Moreover, if this vital fluid semen is properly preserved till marriage at the right age and not abused (which is possible if the husband and wife remain faithful to each other), they will enjoy a life-time of blissful sex and conjugal happiness.

Base of Body : The human body has an acidobasic base which is represented by gray and white matter in the brain and because of their action and reactions, electricity is produced in the body just like electricity produced in a dry battery.

Recharging of this life battery : Our body has a special built-in device to recharge this inner nonchangeable transistor battery.

When we breathe through the right nostril (as it is connected with sun-positive) the degree of our internal heat increases. In the same way, when we breathe through the left nostril (which is connected with moon-negative) the degree of our internal heat decreases. It has been found recently that the difference between the highest and the lowest temperature is .09 c.

When we breathe through our right nostril, the air goes into the brain and recharges +ve part of our brain cells-gray or white matter (according to Indian Yogic philosophy). At that time, blood recharged with air breathed in through the right nostril goes into the first ventricle and heat (+ve) is stored. When it reaches the peak level, the current flows towards -ve (negative) and breathing automatically changes to the left nostril. The cooler air then goes in the brain and charges the negative substance the gray matter (according to Indian yogic philosophy). It is not known whether the white matter

represents the (+ve) positive and gray matter represents negative (-ve) or vice versa. The blood charged with air breathed through left nostril goes into 2nd ventricle and recharge negative and the current flows from negative to positive till it reaches a peak level. Then the breathing changes through the right nostril. Thus the change in levels of positive and negative goes on and electricity so produced goes on flowing in the body. This is why there is an automatic change in the breathing from the right nostril to the left and vice versa.

Now, when the Cerebro Spinal fluid passes through spinal cord and goes down from brain to coccyx, because of gray and white matter in vertebrae, electricity is produced and stored in prostate where it remains idle (called Kundalini- serpent energy in yoga). Through certain yogic exercises, this latent electric power can be awakened and made to move upwards through different chakras-endocrine glands. (see fig. 55 on page 85). When it goes up and penetrates through Mooladhar Chakra-sex-glands, the sex power increases, when it penetrates Swadisthan Chakra-Pancreas-Adrenal, it improves digestion; when it penetrates Vishudha Chakra-Thyroid-Parathyroid-it intensifies the process of purifying the body and tends to make it strong; when it penetrates Ajna Chakra-Pituitary gland, one is able to command and when it penetrates Sahastrar Chakra-Pineal gland, there is a light which can be seen in the middle of the forehead with closed eyes.

When this electricity reaches the brain, it slowly activates one by one 20,000 chips of the computer and a sense of new awakening-knowledge-starts emerging from within. One gets new perception of things, new meanings of life. This process of reviving the latent electricity from the base of the body is called awakening of Kundalini-the serpent power.

When this electricity penetrates through the Pituitary and Pineal glands, there is a predominance of these glands which in turn changes the whole character and outlook of a person.

From persons having predominance of Pituitary gland, arise great geniuses, eminent literary men-poets, scientists, philosophers, lovers of mankind and supermen. Persons with predominating Pineal gland, are worshipped in this world as Saints, great men—incarnation of god gifted with divine power. They taste heavenly bliss of self-realisation. They are an embodiment of great wisdom and tenderness and also strong will power at the same time.

The brain cells are so protected that efforts, so far made, in the U.S.A. to recharge them directly have not become effective. However it is observed that water charged with gold/silver/copper has a pep up effect on the assimilation process in our body—activates the function of digestion—heart and lungs and process of creation of cerebro spinal fluid.

That is why in all types of chronic diseases like Cancer, T.B., Asthama, Artharitis, Paralysis etc., when vitality of the body is at the lowest and in all types of problems of brain, concentrated gold/silver/copper charged water has been found very effective. This gold/silver/copper charged water—if atleast one glass reduced from two glasses is taken daily—from the age of 50, it could help stop the process of ageing and a proper flow of electricity could be maintained through Acupressure treatment.

Working of electricity : The electricity so produced flows in the brain and re-activates 2.4 to 3.3 billion cells of the brain. These cells are smaller than a hair and are standing in a line like teeth of a comb; when electricity passes the upper part of a cell bends and touches the next cell and passes the flow of electricity. When this flow of electric current becomes weak and the flow is otherwise disturbed the cell dries up and becomes brainsand. Increase in brainsand weakens the flow of electricity—slows down, inturn, the function of other organs of the body and the ageing process starts. To prevent this process the brain cells should be recharged; which is possible through charged gold/silver/copper water.

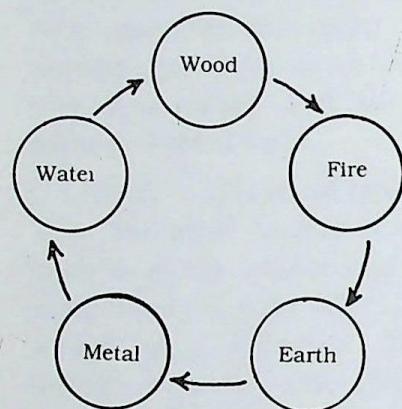
BRAIN-THE ATOMIC REACTOR-BIO-ELECTRICITY

	Positive + chi	Electricity of Body	Chen-negative
	Water	Fire	Air
Earth	Centre is physical structure of body bones, flesh:-	Centre is kidney, male & female reproductive organs i.e. testes ovary, lymphatic, glands produce antibodies, sex gland, nerves, tissues, cells, flesh-bone marrow-grow out of semen or the vital fluid ensures fine health	Centre is stomach spleen-liver-pancreas adrenal-produces fire juice i.e. digestive fluid:bile enzymes, maintains body temperature-keeps all organs active-helps formation of blood-flesh-fats-bones
			Covers entire body-eliminates poison from the body-keeps it healthy & strong-controls Thyroid parathyroid Tonsils-saliva, nourishes mental nerves & body, induces affection-love unselfishness pre-dominant qualities in females, Pituitary-regulations-sight, hearing discrimination & memory-rectify all faults,failings & weakness of five elements & glands Pineal: Control-cerebro spinal fluid nervous system wisdom-tenderness controls Death Brain-generator of electricity (computer of body.)

Electricity thus controls 2.4 (according to Western philosophy) to 3.3 (according to Indian philosophy) billion brain cells which are found to be of five types-representing the five basic main elements of earth/metal, water, fire, air and space. These five elements form the metabolism of our body which controls all the functions as shown in the chart on Page No. 43.

All these five elements and seven endocrine glands are controlled by the Electricity of the body.

Same principle of five basic elements is accepted by Acupuncture and as shown in the two figures given below :



Productive cycle

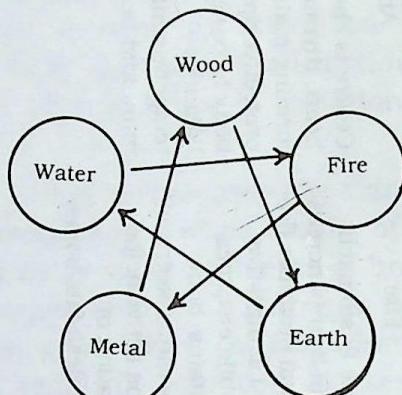


Fig. 35

Controlling cycle

The first figure shows which element helps which element. In the second figure, it is shown which element is controlling the other element and how all these elements are counterbalanced-controlled. Basically all these elements should remain in proper proportion-which is called the Metabolism of the body. Any disturbance-excess or less of one element leads to disturbance in other element and becomes the root cause of the disease.

Five Elements :

Earth : All life forces become inert and inactive in this element and more energy is used to keep it active. People with more weight, flesh, fat etc. are good example of predominance of this earth matter in our body. They do not show anxiety, are not eager to acquire any thing; they try to keep away from conflict and their life is moving slowly.

When there is a disorder of this element in the body people become selfish and get attached to selfish enjoyments. It is a neutral element.

Water : It keeps the flow of body and life. But it has a natural tendency to cool down. As there is more than 70% water in the body it plays a very important role in the maintenance of heat and circulation of blood etc. It is a negative element.

Fire : It is creating fire in the body-heats the water. It regulates sight, provide strength to the body by digesting the food, induce hunger and thirst, also maintains suppleness of muscles and beauty of complexion. It helps thinking and facilitates the discrimination power of the brain. It helps production of antibodies. In short it is the starter of our body-car. Defects in same causes anemia, jaundice and other digestive problems, also causes fainting, epilepsy, derangement of brain besides diminishing eyesight and causing growth of cataract in the eyes, producing acidity and also creating skin problems and depigmentation.

That is why great importance is given in eastern therapies to control and preserve the element of fire. It is a positive element.

Air : Air is life itself. It is the strength and conducts every part of our body. It regulates the function of heart, circulation of blood and maintains balance of the body. It helps respiration and downward movement of stools and urine. It produces sound, nourishes mental faculties and also the faculty of memory. It moves biles and phlegm (कफ) which cannot move in the body by themselves. It is a positive element.

Space : In order that air circulates in the body and maintains a proper balance, there has to be space. If such circulation is blocked, it creates pain even leading to heart attack, paralysis, fainting etc. It is a negative element.

Prakruti-Type-different combination of elements in the body : If these five basic elements are maintained in proper proportion in the body, a proper metabolism is ensured and the body remains healthy. However due to heredity, eating and living habits more often than not, we

disturb one or two of these elements and thus upset the metabolism and there is a predominance of three different types of combinations. Such combination of these elements decide our types—prakritis. Ayurved, the Indian medical therapy, has divided people into three types—(i) Combination through excess of earth+water “(कफ प्रकृति)” (ii) Combination through excess of fire+air “(पित्त प्रकृति)” and (iii) excess of air element. “(वायु प्रकृति)”. This therapy advocates that while treating the patients, one must keep in mind their respective types. For those people having kapha prakruti, milk will only create problems. People, therefore, having bronchitis or asthma, indigestion should avoid milk. For people with pitt prakruti, spicy food will enhance their problem. Therefore, what is good for one type could be harmful to another.

Kapha Prakruti: It is a combination of earth and water. These elements occupy the major portion of our body. Sweet foods and drinks when properly digested are reduced to saline and the blood becomes alkaline. It sustains the body system, increases vigour and there is a marked growth of happiness. It lubricates the joints of bones and keeps them working properly. However, this is possible when there is proper element of fire—heat in the body.

However, because of lack of exercise, overeating, eating between the meals when not hungry, eating more undigestable foods like concentrated sweets-fried things etc. cause problems of indigestion and fail to produce enough heat in the body. This leads to increase in water content and reduction of heat in the body, resulting in problems like dullness, heaviness, increase in fats, common cold, bronchitis and later on asthma, arthritis rheumatism etc.

The best way to cure the above ailments of kapha prakruti is to reduce the intake of undesirable foods, cold drinks and foods which only aggravate the problems. They should eat only light digestable food when hungry, avoid sleeping during the day and oversex. Even milk is harmful to them. They should also take physical exercises.

Pitta Prakruti : It is a combination of Fire + Air-excess of heat damages the working of brain-leads to acidity-ulcer, cold due to heat, skin problems, even sex weakness, short temper and falling of hair. Now, in modern times more anxiety-worries-eating more of fried and spicy foods-more exposure to sun, excessive use of anti-biotics indulged in by people increase their problem. It is, therefore essential to avoid these habits as much as possible.

They should control (1) Adrenal and Pancreas (ii) take light purgative of Harde powder " (हर्दीतकी चुर्ण)" with a little sugar for 10 to 12 days in the beginning and then once/twice a week. (iii) take sweet fruit juices, first thing in the morning (iv) have more fruits, sweet desserts after eating and drink more green juices (v) and do more moon pranayam.

Air Vayu Prakruti : This condition prevails when there is an excess of the element of air. People belonging to this category are more talkative and have day dreams, more sleep and more gas trouble. These imbalances lead to fainting. The tendency to eat heavy-oily foods-like fried and foods made out of gram etc. increases this tendency. People in such condition should avoid constipation and sleeping during day time, have more physical exercise so as to increase heat and circulation and should avoid unsuitable foods.

Everyone should try and find out the category and type he or she belongs to and avoid as far as possible those items which will only aggravate their problems. They should consume food which will suit their type. This is possible with the method shown on page 107 of this book.

It may be noted that each and every person is different from the other. So are their tendencies and problems of health. But with proper changes in the diet good health can be maintained. The cerebro spinal fluid is produced from the blood and so imbalance in blood of these basic elements leads to imbalance even in cerebro spinal fluid. More salt in food for instance increases the sodium chloride in cerebro spinal fluid which leads to high B. P. etc.

Moreover, the climate plays an important role in its effect on the body. In summer and hot climate, for instance, buttermilk will be useful, but not in monsoon. Therefore in monsoon buttermilk should be warmed and black pepper and ginger should be added to it before drinking.

Nature grows the required vegetables and fruits etc. suitable for the nourishment of the body in all different areas and seasons. So wherever possible locally produced seasonal fruits and vegetables should be eaten. Tea grows in parts of Assam and Nilgiris which receive abundant rainfall. Tea is therefore useful in moist climate.

Moreover nature also produces several varieties of fruits resembling the shapes of the organs of our body and they are useful, beneficial to that organ.

Apricot	= Brain	Mango-Papaya = stomach
Almonds	= Eyes	Pears }
Apple	= Heart	Jamfal }
Grapes	= Lungs	Peru, etc. }
		& Similar }
		Shaped }
		fruits } = Ovary
Cashewnuts	= Kidney	Banana = Sex power
kidneybeans		(Ripe : having outside skin-black)

People belonging to one type or the other type of Prakruti can easily find out and eat foods which would do them good and reject foods that will aggravate their problem – tendency.

This practice will also enable us to prevent wasting our energy in digesting and expelling these food intakes not suitable for our body.

Energy : In order that the body and brain can function properly it is necessary to create energy from the five basic elements. That is why we take food and drinks.

The whole cosmos gets the energy from the sun. All types of natural foods, fruits, vegetables, cereals, pulses etc. have in them almost equal measure of positive and negative of sun energy. However foods contain positive and negative properties in varying degrees. They can be divided

in six tastes of which all foods/drinks are made of:

Bitter	= Air + Space	Sweet	= Earth + Water
Astringent	= Air + Water	Salty	= Earth + Fire
Pungent (hot)	= Air + Fire	Sour	= Water + Fire
(as per Charak Samhita)			

In our daily diet it is necessary to maintain a proper balance in all these six tastes. Surprisingly, Ayurved Indian medical science has made elaborate research in all kinds of fruits, vegetables and minerals and has established their after effect on the human system. Medical students should study this dietary system with great care.

By taking foods more of negative types or more of positive types, we create imbalances, leading to diseases. The body tries to balance that positive and negative excesses in the system and such efforts are called disease. In Acupuncture the expert tries to bring this balance between positive (chi+) and negative (chen-).

Surprisingly China has made in depth research for energy derived from food and has come to the conclusion that one should take 65% foods in cereals and pulses like wheat-rice-millets, grams etc. and the balance 35% in milk-milk products, vegetables, dry fruits, oils etc. these would be the ideal contents of a balanced diet.

I am of the opinion that after the body is fully developed one must eat and drink only those things which are suitable to one's body (see page 107) and only when one feels hungry. The fruits and vegetables have in them a natural storage of the sun's energy and if we make a daily practice of having one glass of fruit juice and two to three cups of green juice of vegetables, our requirement for food will be reduced to a minimum and we will have enough energy to maintain the body in a healthy condition. This change in diet has been successfully tried in cases of chronic diseases including cancer and results are astounding. Deficiency of nutrition can be greatly avoided by green juice.

Such a practice on a mass scale will lead to less requirement of food and help prevent waste of food and famine condition.

Working of Atomic Reactor-i.e. Production of Energy : Chemicals, which are created from the food we eat, through a chemical process and oxygen are supplied to the brain by blood. This is like petrol in a car. The quadruplicate cells in the brain generate constant sparks in it and through a combustion there, energy H⁺ is produced which in turn creates the necessary heat and energy. Excess of this heat is thrown out of the body through exhalation. However if there is excess of it; it creates problems and to remove the same, through electric process the body turns it into H₂O to be thrown out as common cold.

Control of body : Through Nucleic Acids : The picture below is of a brain cell. The nucleus of a cell contains nearly all its DNA and 10% of its RNA. Both nucleic acids

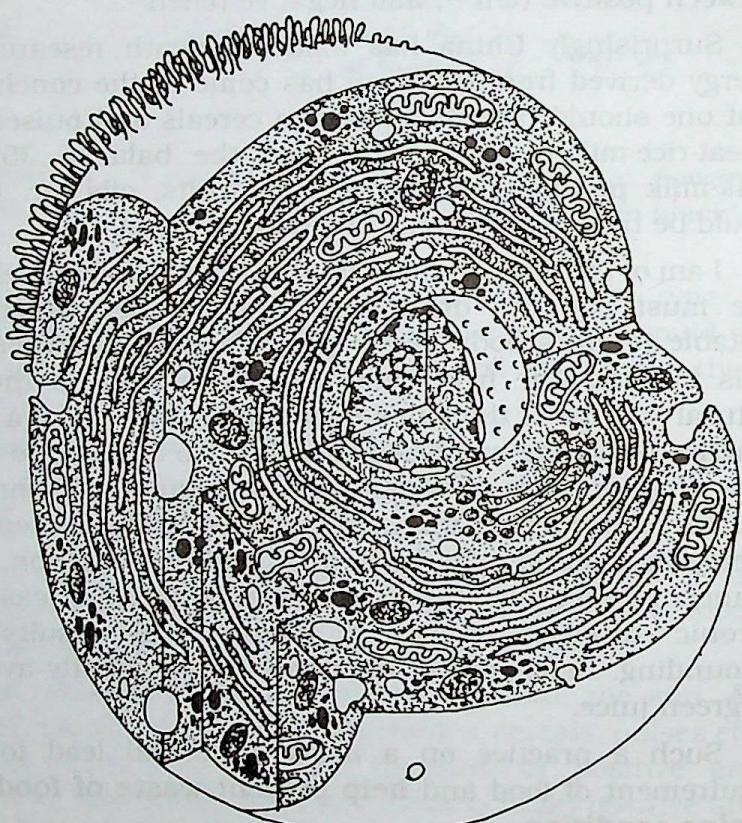
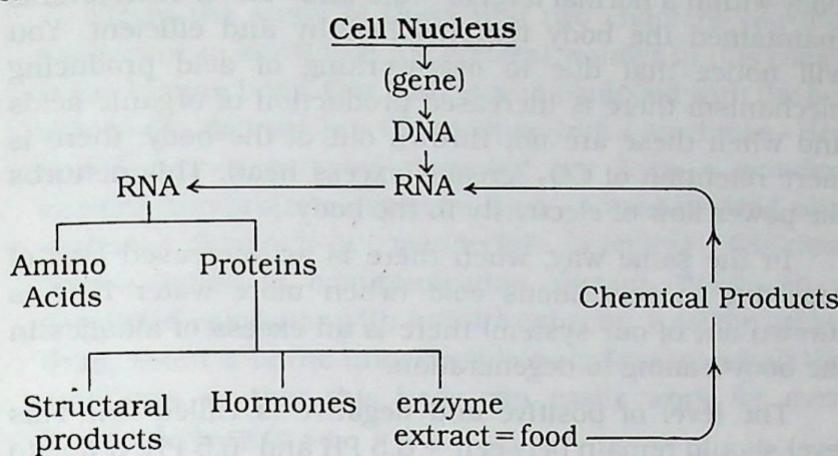


Fig. 36 : Brain Cell as seen in a Three-Dimensional Electron micrograph

are involved in directing the primary synthesis of protein molecules—that in turn act as structural elements—enzymes or hormones as under :



Thus it will be observed that there is an autonomous functioning-recycling of DNA which is effected by the food we take and therefore, it is very essential that we do not take food which will aggravate our prakruti-weakness-tendency for any particular basic element.

PH level and Death : The necessity to have a balanced diet is further corroborated by a close look at the following figure.

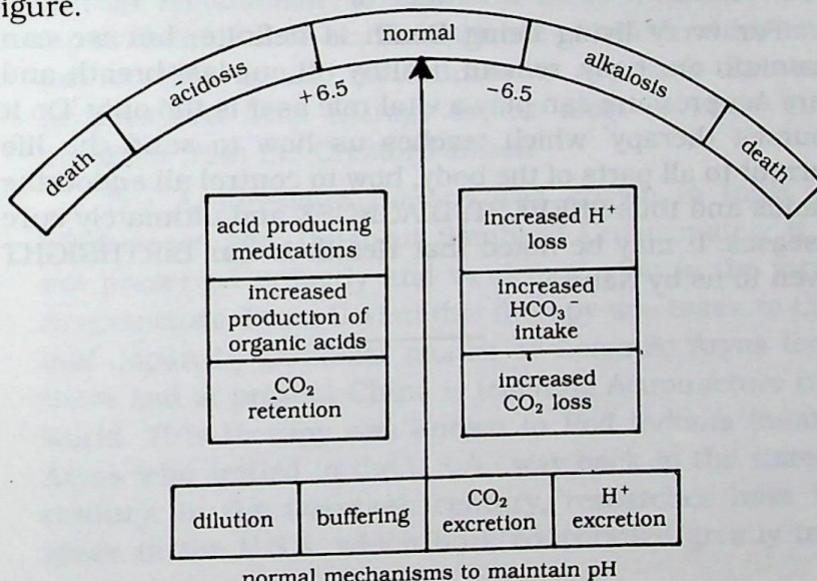


Fig. 37

This figure clearly indicates that there should be a balance between positive acids and negative alkalies in the body within a normal level of +6.5 and -6.5, if such level is maintained the body remains healthy and efficient. You will notice that due to over-working of acid producing mechanism there is increased production of organic acids and when these are not thrown out of the body, there is more retention of CO₂ (creates excess heat). This disturbs the power flow of electricity in the body.

In the same way, when there is an increased loss of heat due to continuous cold (when more water H₂O is thrown out of our system) there is an excess of alkalies in the body-leading to degeneration.

The level of positive and negative is called PH. This level should remain between +6.5 PH and -6.5 PH. If due to any reason this PH level is not maintained death takes place.

This PH level is well maintained by pons which functions to absorb excess of acids and toxins. This pons remain active with the regular flow of cerebro spinal fluid created in our brain and production and balance in cerebro spinal fluid can be maintained only by a balanced diet and proper flow of electricity which is possible by Acupressure.

For every living being Death is definite, but we can maintain our body, remain healthy till our last breath and here Acupressure can play a vital role as it is the only 'Do it yourself therapy' which teaches us how to send the life current to all parts of the body, how to control all endocrine glands and thus PREVENT, DIAGNOSE and ultimately cure diseases. It may be noted that Health is our BIRTHRIGHT given to us by Nature.

CHAPTER 3

ACUPRESSURE : THERAPY AND PRACTICE

From the study of these first two chapters you must have come to know that the greatest wonder in this cosmos is the human body. Our body is well equipped with the best, automatic, delicate but the most powerful machines—Heart and Lungs—a non-stop pumping set; Eyes—a wonderful camera-cum-projector system; Ears—an astounding sound system; Stomach—a wonderful chemical laboratory; Nerves—miles of communication system. Brain—an unparalleled computer with infinite capacity. And the greatest thing about it is the unbelievable co-ordination of all these machines so that this body can easily work for over a hundred years or so.

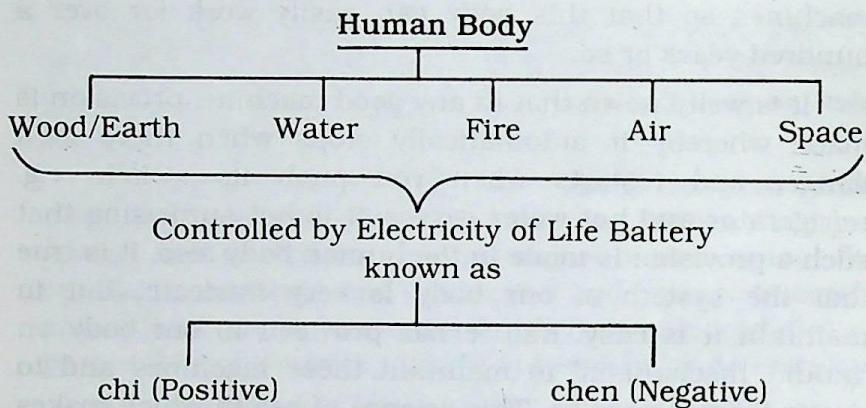
It is well known that in any good machine, provision is made whereby it automatically stops when there is a danger and restarts when you push its switch. e.g. refrigerator and hot water geyser. It is not surprising that such a provision is made in the human body also. It is true that the system of our body is very intricate. But to maintain it is easy. Nature has provided in our body an 'inbuilt mechanism' to maintain these machines and to repair them if need be. This science of health which makes use of this inbuilt mechanism is popularly known as Acupressure. This therapy is the most precious gift to mankind from the Creator Himself.

The Acupressure therapy was known in India even 5000 years ago. (Sushrut Samhita) Unfortunately it was not preserved properly and went to Ceylon in the form of Acupuncture. From Ceylon this therapy was taken to China and Japan by Buddhist monks or nomadic Aryas took it there and at present China is teaching Acupuncture to the world. This therapy was known to Red Indians (nomadic Aryas who settled in the U.S.A.) way back in the sixteenth century. In the twentieth century, researches have been made in the U.S.A. which have contributed greatly to the

development of this therapy. It is practised by many Allopathic and Naturopathic doctors there. Now the World Health Organization too has paid attention to this simple and easy therapy.

The word 'acupressure' is related to 'acupuncture'. 'Acu' means a needle and to 'puncture' means to 'pierce'. Acupuncture means the art of treating diseases by piercing specific points in the body. Acupressure means the art of treating diseases by applying pressure on specific points with the help of one's thumb or unpointed things.

Principle: As mentioned in Chapter-II our body consists of five basic elements :



These five elements are controlled by the Electricity of the body known in the West as Bio-Electricity. The current of electricity, 'Chetana', comes from this non-changeable Life Battery. This battery has been installed in our body at the time of conception. The white dazzling light generated by this battery can be seen in the middle of forehead with eyes closed, through certain Yogic methods. Many people, including myself, have seen this light.

Out of this battery, electric current ('चेतना') passes in the body through lines shown in Fig. 38. These lines known as 'Meridians' start from the tip of each finger of the right hand, go all over the body and end in the toes of the right leg and so also on the left side. Now so long as this current of electricity flows properly in the body, the body remains

ACUPRESSURE : THERAPY AND PRACTICE

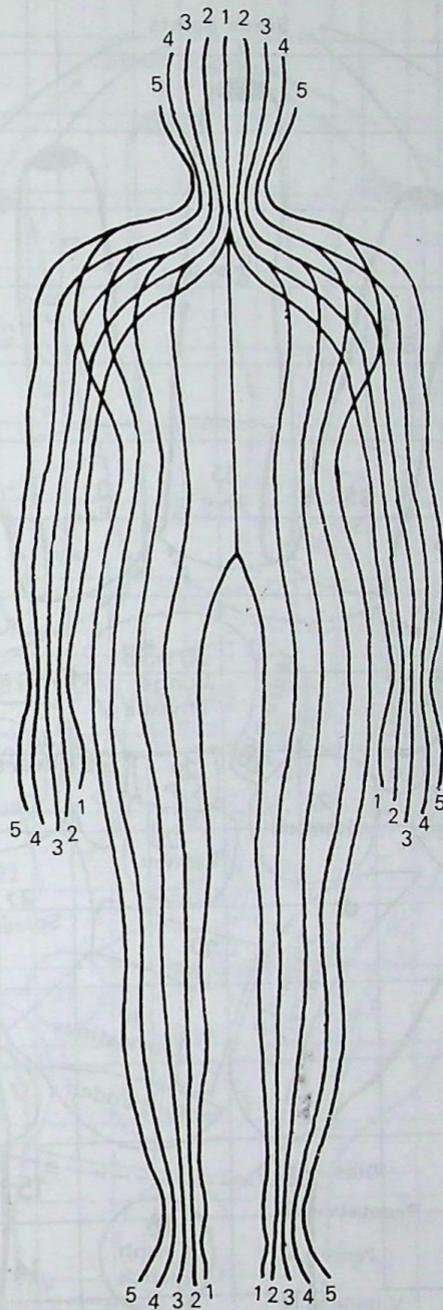


Fig. 38

Flow of (*Chetana*) electric current-lines
(meridians) which are divided into 5
zones each on the right and left sides.

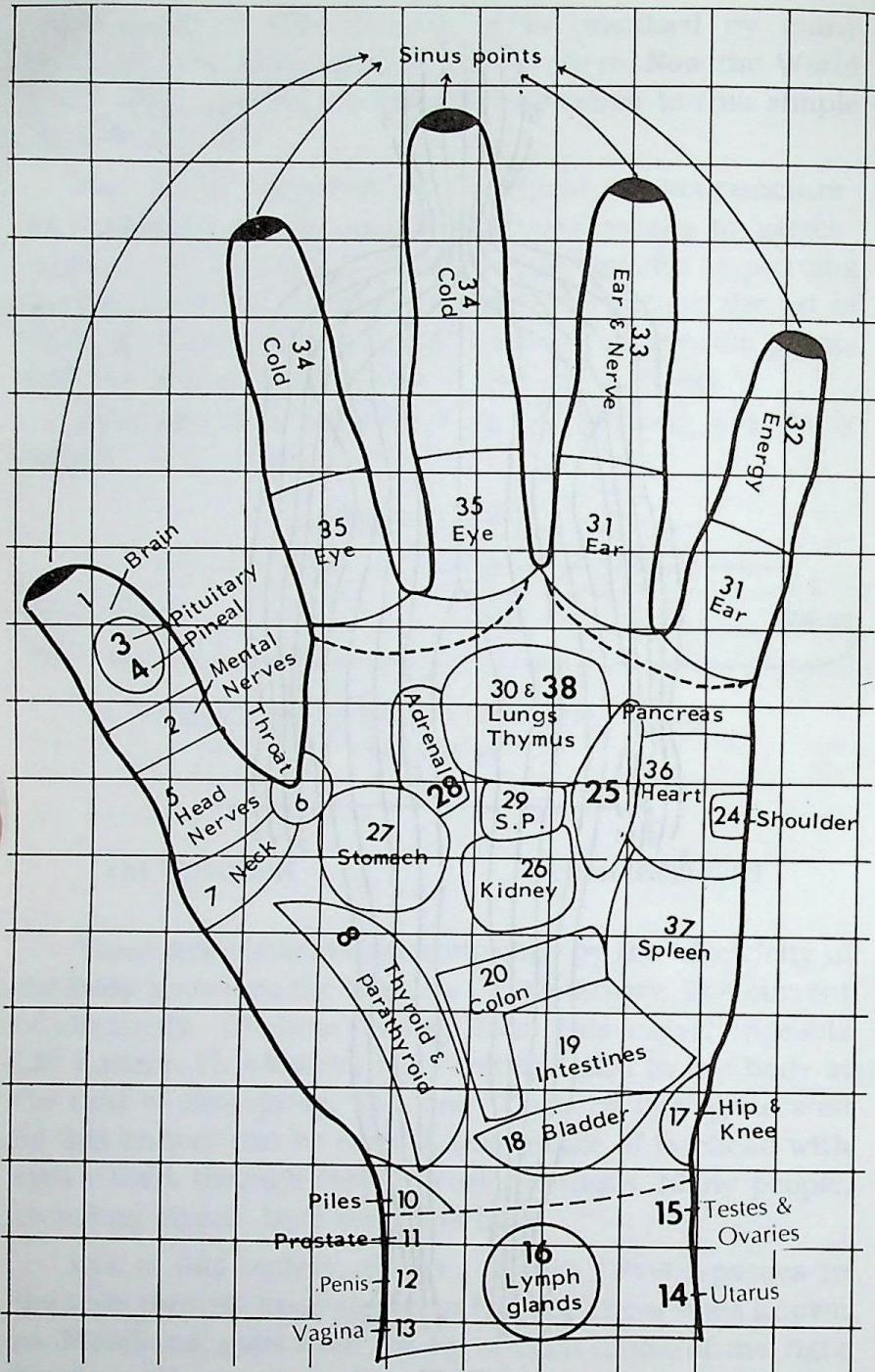


Fig. 39 (a) : Left Hand

Location and Number of points connected
with different organs and endocrine glands.

ACUPRESSURE : THERAPY AND PRACTICE

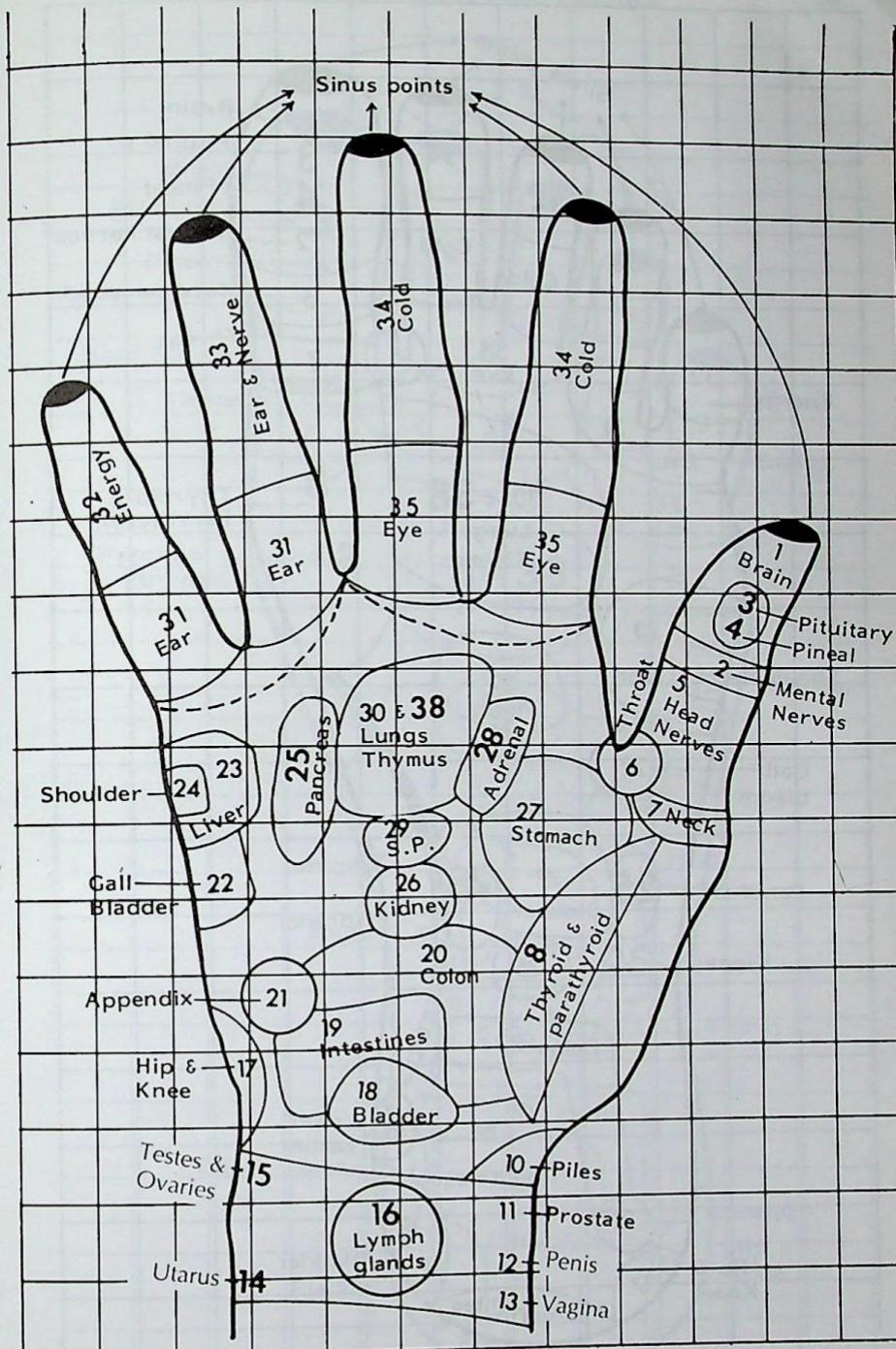


Fig. 39 (b) : Right hand

For treatment : Pressure is to be applied
on and around these points of palms

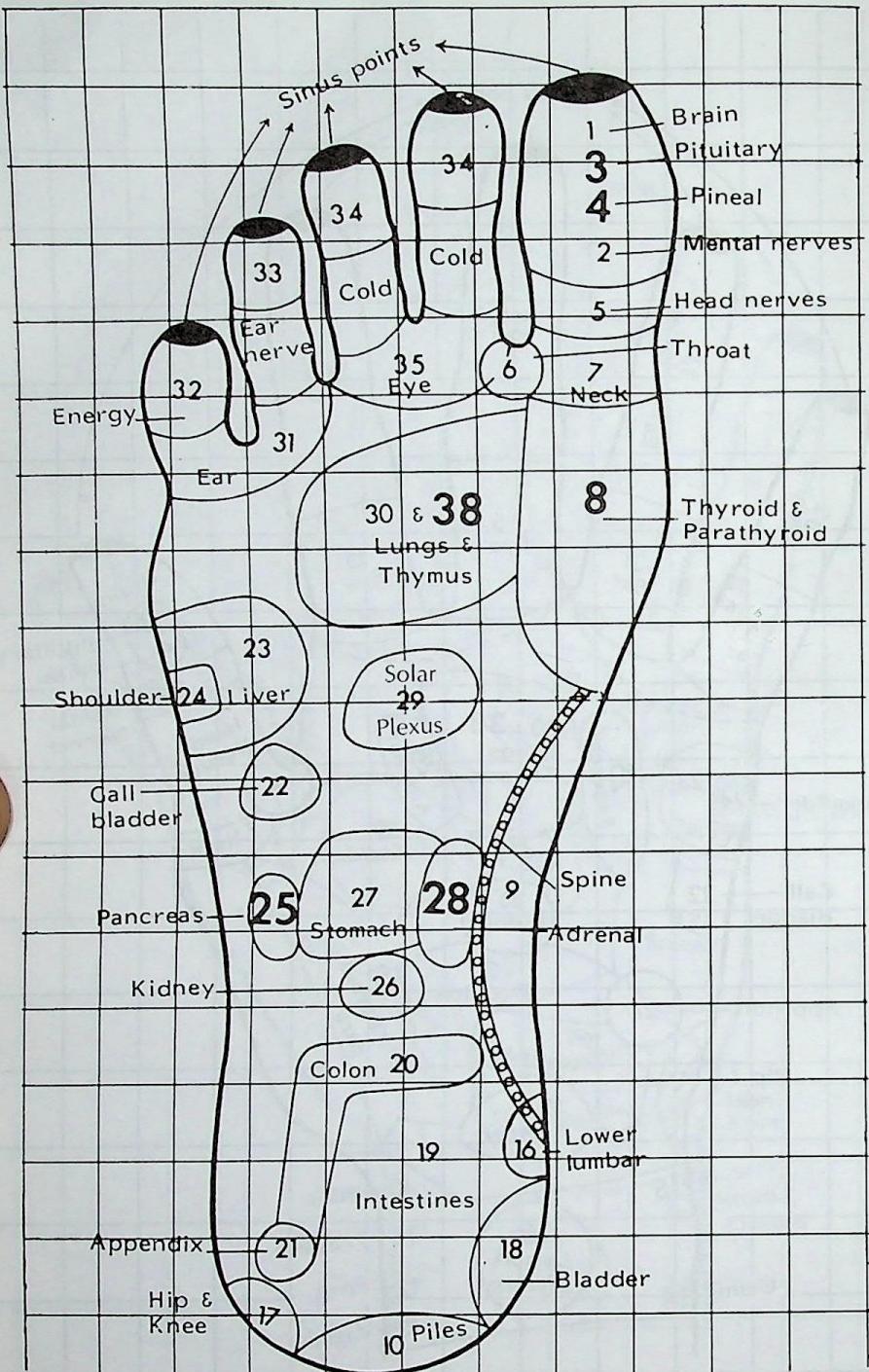


Fig. 40 (a) : Right Leg

For treatment : Pressure is to be applied

on and around these points of the soles

ACUPRESSURE : THERAPY AND PRACTICE

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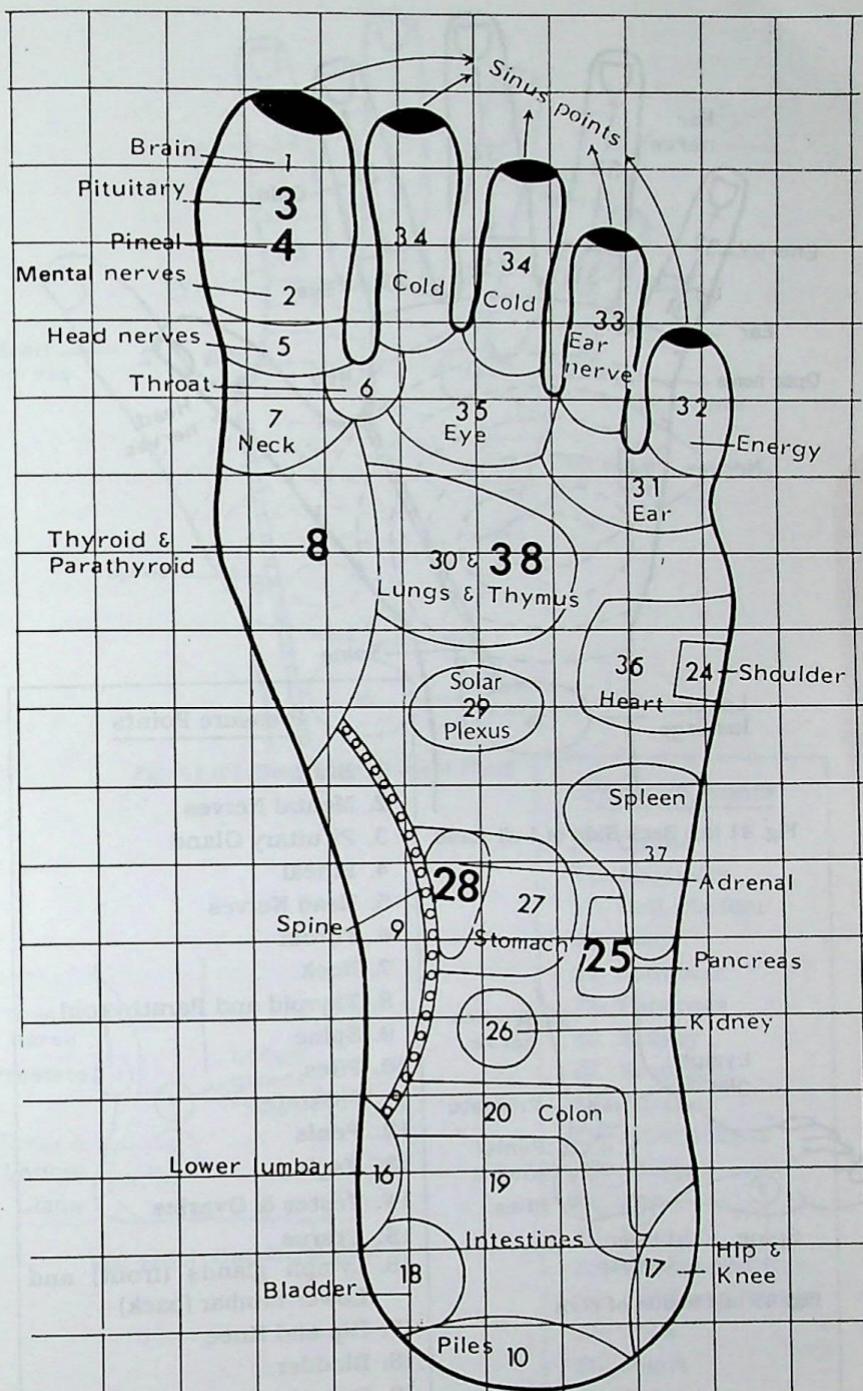


Fig. 40 (b) : Left Leg

Location and Number of points connected

with different organs and endocrine glands

HEALTH IN YOUR HANDS

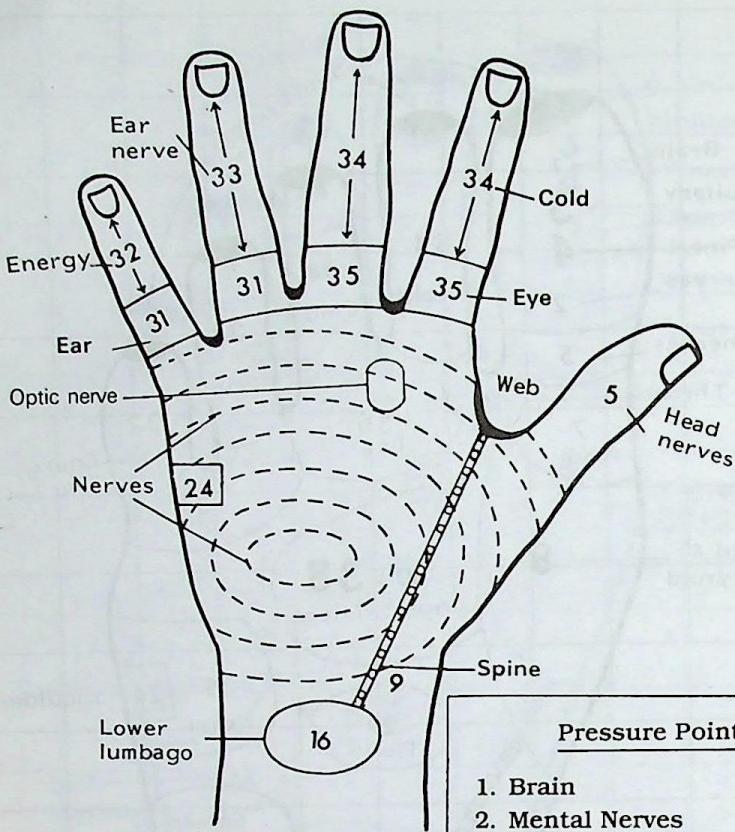


Fig. 41 (a) : Back Side of Left Hand

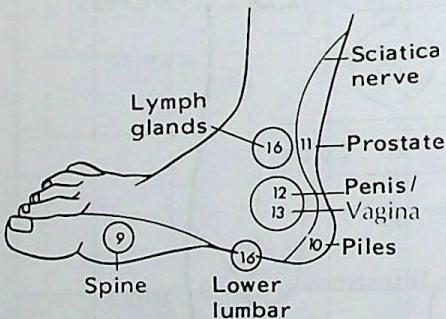


Fig. 42 (a) : Inside of Foot

Pressure Points

1. Brain
2. Mental Nerves
3. Pituitary Gland
4. Pineal
5. Head Nerves
6. Throat
7. Neck
8. Thyroid and Parathyroid
9. Spine
10. Piles
11. Prostate
12. Penis
13. Vagina
14. Testes & Ovaries
15. Utarus
16. Lymph glands (front) and Lower lumbar (back)
17. Hip and Knee
18. Bladder
19. Intestines

ACUPRESSURE : THERAPY AND PRACTICE

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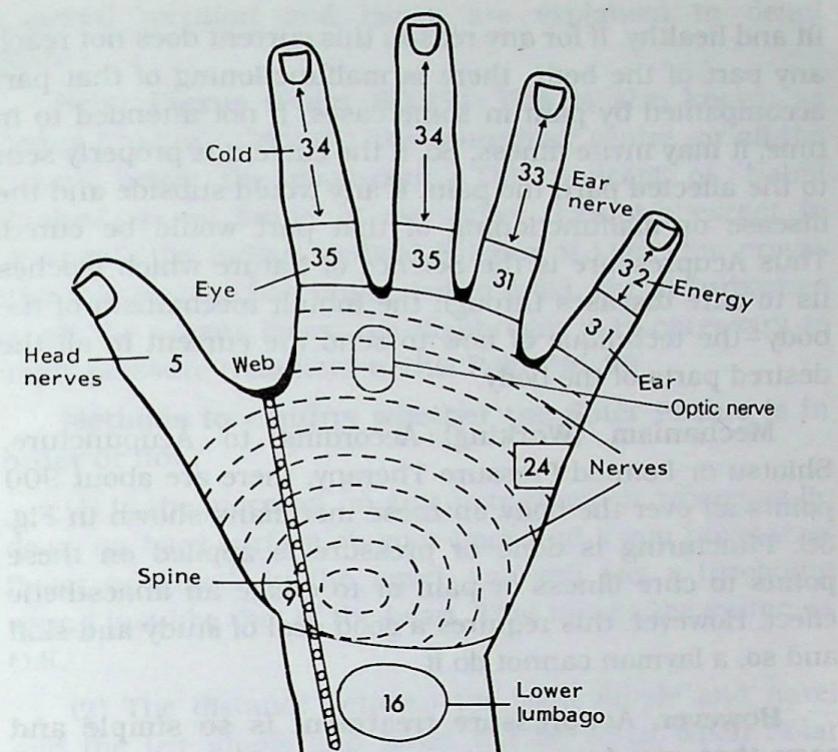


Fig. 41 (b) : Back Side of Right Hand

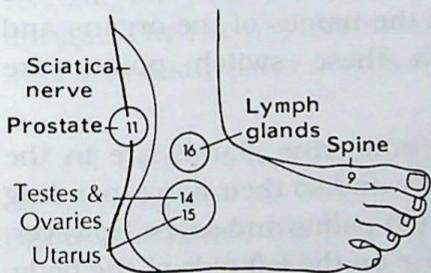


Fig. 42 (b) : Outside of Foot

Pressure Points

20. Colon
21. Appendix
22. Gall Bladder
23. Liver
24. Shoulder
25. Pancreas
26. Kidney
27. Stomach
28. Adrenal
29. Solar Plexus
30. Lungs
31. Ear
32. Energy
33. Nerves and Ear
34. Cold and Nerves
35. Eyes
36. Heart
37. Spleen
38. Thymus

fit and healthy. If for any reason this current does not reach any part of the body, there is malfunctioning of that part accompanied by pain in some cases. If not attended to in time, it may invite illness. So, if the current is properly sent to the affected part, the pain, if any would subside and the disease or malfunctioning of that part would be cured. Thus Acupressure is the Science of Nature which teaches us to cure diseases through the inbuilt mechanism of the body—the technique of how to send the current to all the desired parts of the body.

Mechanism (Working) : According to Acupuncture, Shiatsu or Pointed Pressure Therapy, there are about 900 points all over the body on these meridians shown in Fig. 38. Puncturing is done or pressure is applied on these points to cure illness or pain or to create an anaesthetic effect. However, this requires a good deal of study and skill and so, a layman cannot do it.

However, Acupressure treatment is so simple and easy that any layman—even a child of ten years—can learn and practise it.

The switch board of the electric current flowing in our body is located in the two palms and soles. In Fig. 39 and 40, you will see the location of the different switch points. In these figures you will find the names of the organs and endocrine glands to which these switch points are connected.

Most of the organs and endocrine glands are in the right or the left side of the body and so their corresponding points are on the right or the left palms and soles. However, as the Heart and the Spleen are on the left side of the body, their corresponding points are only on the left palm and sole. In the same way, Liver, Gall Bladder and Appendix are on the right side of the body and so their corresponding switches are only on the right palm and sole.

We are familiar with almost all the organs mentioned here except Solar Plexus and energy which require

a special mention and hence are explained in detail below :

Solar Plexus (Point NO.29) : This is also known as 'Nabhi Chakra' - ('नाभिचक्र') the controlling centre for all the organs below the diaphragm. This concept of 'Nabhi Chakra' is not found in any other therapies except in 'Ayurved', the Indian Medical Science of Life. This proves that this therapy had originated in India. For disturbances in all the organs below the diaphragm it is necessary to apply pressure treatment to this Point No. 29.

Methods to confirm whether the Solar Plexus is in order or not :

(1) In the morning, on an empty stomach, when you lie down on hard surface on your back and if you press your finger or thumb in the navel, you will feel a throbbing sound just like that of the heart. That means the system is O.K.

(2) The distance between the right nipple and navel and the left nipple and navel will be equal when Solar Plexus is in order. Otherwise, by measuring the distances, you can find out whether the centre has shifted upward or downward.

(3) Lie down on your back. Keep the arms (hands) straight on your sides. Keep legs straight and the toes upright. The two big toes must be in level. If they are not, it indicates disturbance in the Solar Plexus.

(4) Join the two palms as per figure (a) shown below and match the lines 1, 2, 3 and 4. These lines will match with each other if the Solar Plexus is in order. If the Solar Plexus has shifted, the line No.4 and 3 will not match.



figure (a)

This centre shifts upward or downward when excess weight is lifted or when there is severe gas trouble. In such cases the throbbing will not be noticed in the centre of the navel, but it will be noticed somewhere around the navel. The upward shifting of Solar Plexus leads to constipation and downward shifting brings more motions every time when there is a pressure. This cannot be cured by drugs. And when these problems persist, it can damage the digestive system and may require an operation. It may even lead to Cancer. One of the causes of Cancer of Colon (lower and greater part of the large intestine) is chronic constipation. In such cases, it has been found that this Solar Plexus has moved upwards. It is, therefore, advisable to check the position of Solar Plexus before starting any treatment. Solar Plexus is like the mainspring of a watch. Unless it is set right treatment may not give the desired results.

Methods to bring the Solar Plexus to order : It is to be done only on an empty stomach in the morning or 3 to 4 hours after meals.

(1) By pushing the throbbing towards the centre of the navel.

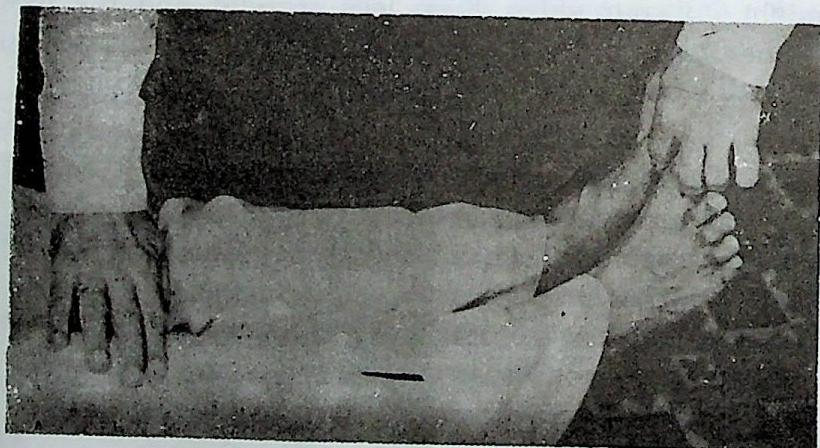


Fig. 43

(2) By putting weight on the navel and trying to press it towards the centre.

(3) Lie down on your back, keep the arms straight on the sides. Ask someone to apply pressure on the knees, more pressure on the knee of the leg of which the big toe is at a lower level. And if necessary, ask another person to hold the two big toes in hand and try to pull up the big toe which is lower. Repeat this action if both toes have not come in level. (See fig. 43)

(4) By putting up a small oil lamp/candle on the navel (a coin or something can be kept on the navel as a base to hold the candle), cover it with a metal glass and hold it for a minute (as shown in figure given below). The air inside will burn out and a vacuum will be created. This vacuum will bring the Solar Plexus to the centre. Then lift the glass from one side after one minute. Repeat this three to four times till the throbbing is felt at the centre. (See fig. 44)

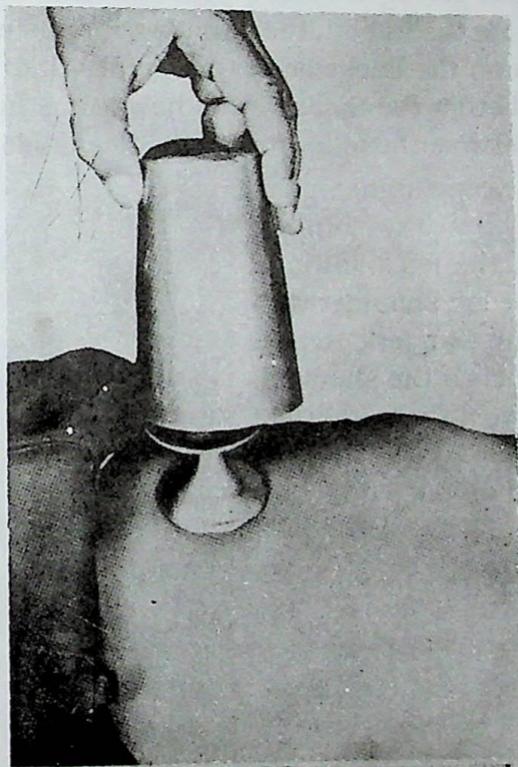


Fig. 44

(5) Lie down on your back, keep the arms on the sides and the head on the ground without pillow. Lift both the legs and bring them up to 90° from the ground as shown in the figure. After this,

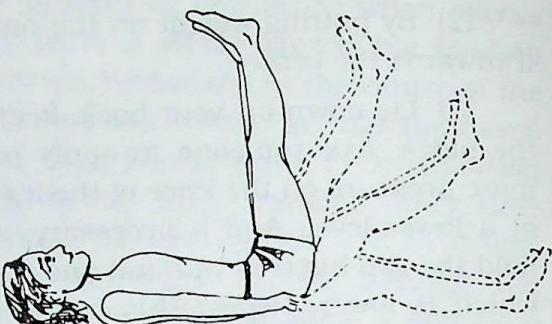


Fig. 45

bring the legs as slowly as possible on the ground keeping the legs straight and without lifting the head from the ground. Repeat the same five to six times and feel the throbbing. (See fig. 45)

(6) Lie down on your back, exhale the breath. Now, inflate the stomach and maintain that position as long as you can. Repeat it till Solar Plexus comes in order.

(7) As per fig. 39 a & b press intermittently the points of Solar Plexus in both the palms—not only in the front side but also on the backside of that point. After half a minute, verify whether the Solar Plexus have come in order.

Otherwise the following method can also be tried :

(8) Keep right palm vertically on the joint of elbow of the left hand and touch the left shoulder with the thumb with jerk. Repeat till it touches the shoulder. Sameway, do it with right hand and verify as per figure (a) on page 63.



Whenever the complaint about constipation or loose motions continues, first check up the Solar Plexus and correct it, if necessary.

Sameway, for any problem of any other organ below Diaphram, please check up Solar Plexus and correct it.

"A patient was suffering from Hiatus Hernia. He was advised operation. His solar plexus was corrected; within 2 days his trouble disappeared."

"A lady Doctor, a Gynaecologist, was suffering from pain in Abdomen for many years. Her Solar Plexus was corrected and then she became alright."

"A young girl, could not retain any food or even drink, she would vomit it out. She was kept in a leading Hospital in Bombay for 21 days. No diagnosis was made. The complaint continued and developed into acute colic pains; at that time she would toss from side to side on a double bed. The root cause was found in disturbance of Solar Plexus. It was corrected, she stopped vomiting. She was put on green juices and fruit juices. Within a week she became normal."

"A patient was advised operation of colon-because of long term problem of fistula. Only 3 days before date of the operation he consulted an Acupressurist. His Solar Plexus was corrected. And recovery was so fast that operation was not necessary."

Energy (Point No.32) : When you feel tired or have passed sleepless nights, you will feel pain on the point, which means recharging is not done properly. It is essential at such a time to give treatment on that point and drink lukewarm water, preferably Health Drink. (Details about the Health Drink are given in chapter 14).

Webs : Over and above all these points, it is necessary to apply pressure on the webs, the large one is situated between the thumb and the first finger and the small ones are between the fingers. And so also between the toes. These webs are the starting points for the nerves and so pressure should be applied on these points daily.

Method of Pressure: According to this therapy, pressure is to be applied on and around all points on the two palms and soles only. That will send the current to the corresponding organs and activate them. For example, when you press Point No.1 shown on the thumb, the

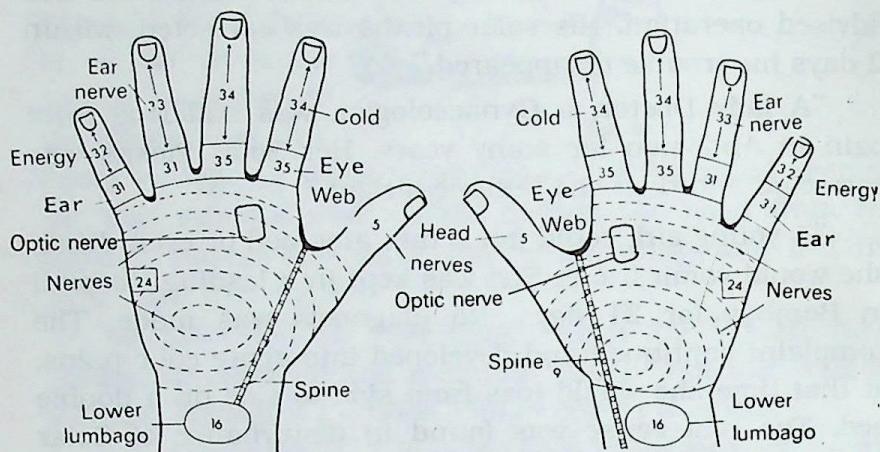


Fig. 46

current will flow to the brain. When you press deeper on the point of any of the endocrine glands which are called the controllers of all organs, the current is sent there and it corrects the function of that particular gland i.e. if the gland is functioning less efficiently, it will be activated and normalised. However, if it is working more vigorously, it will reduce its activity and bring it to normal. Thus simply by applying pressure on the points of the endocrine glands, we are able to control these most vital glands.

Pressure can be applied by pressing with the thumb or the first finger on the point or with unsharpened pencil etc. (See fig. 47) or by massaging that point and around it clockwise. The pressure is to be applied intermittently like pumping and continued pressure is to be avoided. This action is to be repeated for 1 to 2 minutes.

How much pressure to be applied : The pressure to be applied should be just enough for you to be able to feel it. However, on all the points of the endocrine glands. viz.



Fig. 47 : Picture showing how to apply pressure with a horizontal thumb

Point Nos. 3, 4, 8, 14, 15, 16, 25, 28 and 38 which are situated in the middle of the body, deeper pressure is to be applied. This can be done with the vertical thumb as shown in Figs. 48 or with an unsharpened pencil or a wooden stick as shown in fig. 49. Except on these points of endocrine glands, pressure is to be applied on all other points by keeping the thumb horizontal.

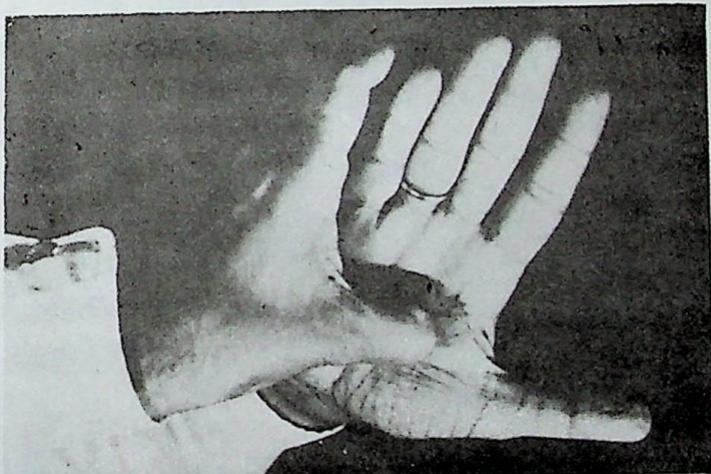


Fig. 48 : Picture showing how to apply deeper pressure on the points of endocrine glands with vertical thumb



Fig. 49 : Picture showing how to apply deeper pressure on the point of endocrine glands with a blunt or rounded wooden stick

Body-its subdivisions : Our body is divided into two parts-the right side and the left side. For anything wrong with the organs or parts on the right side of the body, treatment is to be given on the corresponding points of the palm of the right hand or the sole of the right foot, and vice versa on the left side.

Further, the body is subdivided into front and back. For

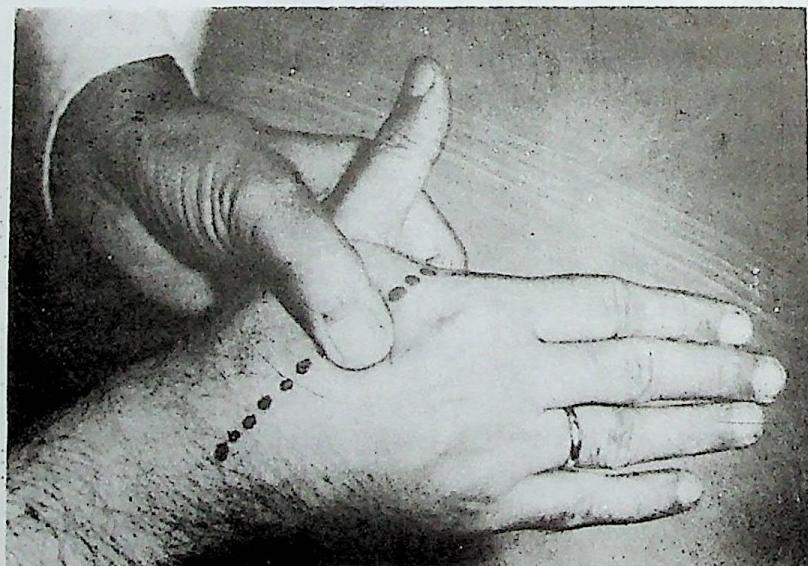


Fig. 50 : Picture showing how to apply pressure on the spinal cord (Point No. 9) on the back of the hand

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the Spine, Nerves, Back, Lower Lumbago, Sciatic Nerves and Hips, pressure is to be applied on the back of the palms and soles. (See fig. 50) But for all other organs and endocrine glands, the pressure is to be applied on the palms or soles Refer to Figs. 39 (a), (b) and 40 (a),(b) and on pages 56, 57, 58 and 59.

Duration : For the treatment of any disease or organ, pressure is to be applied for 1 to 2 minutes and this is to be repeated three times a day. The treatment should be continued till the pain on that point subsides.

Threefold benefits of Acupressure :

Acupressure helps in three ways : (1) Prevention of diseases (2) Early and correct Diagnosis of diseases (3) Cure of diseases.

(1) How to maintain good health : You will observe that all the points on the palms are upto 1 inch below the wrist. So without bothering about where different points are situated, you should start pressing from one inch from wrist i.e. Point No.16 and slowly press the full palm and all the fingers on both the front and back side. By pressing both the palms or soles for five minutes each, you will cover all the points-thus stimulating all the organs of the body. It is like complete alignment of the car. And when all the organs are properly stimulated and working properly, you will feel more agile and energetic and can maintain good health.

Remember that continuous pressure is not to be applied but only intermittent pressure like pumping is to be applied as mentioned above.

For children under 10 : For maintaining general good health and physical development of children below 10, pressure is to be applied on each palm and sole for 2 to 3 minutes.

Prevention of Sickness or Disease : This is a very unique feature of this therapy. When you press all the points of either palms or soles daily for about 10 minutes, all the organs are activated and recharged like a battery cell

and all the endocrine glands are normalized. Net result of this is that all the organs and glands of the body get properly aligned and they function properly, as a result of which health is maintained and the possibility of any type of disease, including that of Cancer, is greatly reduced.

(2) Wonderful way of Diagnosis-Medical Check-up :
By taking this treatment (pressing all the points daily for 10 minutes) you not only maintain good health but also get a **FREE MEDICAL CHECK-UP**.

It may so happen that when you had pressed all the points yesterday, there was no pain on any point; it means that you were in good health. But today when you press all the points, you may find some pain inside or around some point; that means there is something wrong with the organ connected with that point. And this disturbance has developed in the body during the last 24 hours. Any pain or disease of any organ or part of the body is reflected in the corresponding points of the palms or soles. That is why this therapy is also called 'Reflexology'. When you find the pain, it can be said in the language of electricity that the 'Fuse' has gone from only that part. That part would be found tender, so when you press, the part below that point, it hurts. Thus you become your Own Doctor and can diagnose the disease instantly without any cost or laboratory tests.

It is possible that for the first two days you may not get any response from your points because upto now you have not used them. However, from the third day, you will start getting the response.

It is most important for any medical practitioner to have the correct diagnosis of the problem of the patient before proceeding with the cure. The correct diagnosis is possible only when root cause is found out. It will be observed that apart from physical checking, it is necessary for the doctors to have urine report, blood report, X'ray, cardiogram, sonography and brain scanning etc. before the diagnosis. That is a lengthy and costly procedure which most of the patients cannot afford.

Because of the rapid scientific progress the training necessary to master the techniques of diagnosis has become long and expensive. In Ayurvedic, Acupuncture and Unani systems, for example, diagnosis can be made by expert thorough knowledge of Nadis (नाडी) and such its study takes more than six to ten years. In Homeopathy, a prolonged session with patients is necessary and so very few patients can be attended to even by an experienced Homeopath. While, treatment under Nature cure is a lengthy one and there also the naturopaths in most cases do not go to the root cause, they try to purify the body and leave the work of cure to awakened and enriched Chetna.

However, according to Acupressure, the switchboard of this Bio-Electricity is in two palms and soles of the legs. In the figs. 39 to 40, you will see the various points connected with their respective corresponding organs of the body. It is further observed that so long as this flow of bio-electricity-life current is reaching all the organs properly, there will be NO PAIN on these points when pressed. You will all be surprised to note that acupressure is the only therapy which prevents disease and helps a person to maintain good health. In order to achieve this, you simply have to press the full palm/sole slowly for 5 minutes and the other palm/sole for 5 minutes and when over 40 years for two minutes in the one inch circle in the middle of right forearm. (See fig. 81) Thus by simply pressing both the palms/soles like pumping in ten minutes, you are recharging all the vital organs—it is like servicing or realigning a car. When all the vital organs are working normally, the possibility of a disease become very remote. Thus just by simply pressing your two palms or soles for 5-5 minutes each, every day, you not only prevent any disease but enjoy good health.

"FREE MEDICAL CHECK-UP. At the same time, you also get a free medical check-up of the complete body.

Owing to overworking of these organs or due to some other cause, when an organ is damaged; carbon

dioxide/toxin gathers around that organ and when pressed on the connecting point of the organ either in palm or in sole of the legs; you will feel pain. This pain is unpleasant and totally different from the experience of pressure given on that point. And at that time, there will be a flicker, in the eyes of the patient. So even without any information from the patient or without any tests the diagnosis can be made just by giving pressure on different points located in palms/soles. It will be interesting for you, to know that I have been challenged on several occasions to diagnose the problems without being given any background or case history of the patient. I will quote in this regard only one incidence. Mr. Narain Dutt Tiwari, former Union Minister of India for Finance and former Chief Minister of Uttar Pradesh, one of the biggest state in India; called me to his hotel at Santacruz Airport. His wife Mrs. Tiwari is a qualified Allopathic Gynec doctor. She asked me to examine Mr. Narayan Dutt Tiwari and diagnose his problems. One by one, I pressed the different points of the palms. Within 2 minutes I told her about the improper working of five different organs. Then when I told her that her husband was suffering from piles and had long rooted constipation. she nearly jumped up, duly amazed. I told her that the Solar Plexus of Mr. Tiwari was not in order. He was asked to lie down and it was found that the level of the big two toes was not equal—right big toe was more than one inch higher than the left big toe. It was immediately corrected. Mr. Tiwari was asked to give pressure on chin to remove constipation and according to information received later, within a week his complaint of piles was completely cured—due to proper diagnosis and correct treatment by Acupressure.

Thus you will observe that pain at any point on the palms or soles when pressed is a clear indication of some problem connected with that organ. The body is divided into right and left, so any problem connected with right side of the body will be reflected on the points on the right palm or sole and vice versa. Further the points of our body is subdivided into front and back. All the organs

situated in the front of the body e.g. eyes, heart, stomach etc, are situated on the palms or in soles and the points connected with the organs on the back are situated at the back of palms or on the upper side of the soles e.g. spinal cord etc.

It may be interesting to observe that diagnosis made this way is so accurate that on several occasions, I had to challenge the diagnosis made by with X-rays and Sonography. I shall quote three instances.

(1) "An athlete was prescribed operation in the spinal cord following few X-rays examination. He approached me and I told him that as there is no pain on Point No.9 of the spinal cord, there is no damage to the spinal cord, operation is not necessary. And the root cause of his severe back pain was found in the damage to his Sciatica Nerve, he was taught how to take treatment with this 'Do it yourself therapy' and within 10 days he was alright."

(2) "A gentleman was suffering from jaundice, according to diagnosis on the basis of X-rays and Sonography, he was told that there was stone-obstruction in his Gall Bladder and operation was necessary. I was called three days prior to operation. After examining the patient in three minutes; I told him that there is nothing wrong with the Gall Bladder. Liver was damaged and the stone was near the kidney. His heart was in a sound condition, so if he so desired operation can be done. He was operated upon and his Gall Bladder was removed and on even minute bisection, no stone was found. After 4 hours of operation, the patient was put under X-rays, stone was found near kidney. They continued the operation for 8 hours and the stone was removed. Luckily, the heart condition of the patient was good and so he survived."

(3) "A patient was told on the basis of X-rays examination that he had Cancer in the mouth and operation was necessary. When called in the Hospital, after not even 2 minutes examination, I said that there was no Cancer but soreness in the throat. Doctor insisted on operation only to find that there was no Cancer."

Thus you will observe that without any instruments or costly tests, exact diagnosis is possible with this Nature's Health Science of Acupressure.

When a patient comes to you, the very first thing you may do is to press on Point No. 8 of Thyroid-parathyroid, if there is no pain there, the problem is a minor one. Because if there is a continued problem in the body for more than 8/10 days, this point of Thyroid is first to be disturbed and when pressed, there will be pain. In such a case, you can go on pressing various other points as per patient's complaints.

Many a time, it is observed that young men never disclose their sex problems. Similarly ladies in India also feel shy in discussing their problems about menses, sex etc. Therefore even by pressing on Point Nos.11 to 15 of sex glands, these problems can be diagnosed.

Now, I will tell you about the exactness of this diagnosis. I was invited by an eye specialist at his residence. He asked me to examine his 27 year old son. After examining the palms, I told him that there was tonsil on his right side and only reddishness on the left of throat. Doctor called for a torch and a spoon, examined the throat of his son and admitted that my diagnosis was perfectly correct.

The wonderful part of this diagnosis is that the patient can himself find out his problem. One gentleman had pain in chest. He feared Heart attack. Cardiogram was taken in the hospital and as there was no irregularity, he was discharged after 4 days. Later on every time he had pain in chest; he would call for a doctor, get his cardiogram and be satisfied to confirm that it was normal. He was presented with my book. Afterwards whenever he had any chest pain, he would examine his Point No.36 of heart and would be relieved of anxiety in a minute on observing no pain on that point. During one year alone he saved over one thousand dollars and great amount of relief.

You will be surprised to know that the dreaded disease

of Cancer can be detected only in two minutes. In Cancer detection centres or hospitals such Cancer can be detected only when it has developed more than 40%. While with this method such problem can be detected even it is hardly 5%. Moreover, the exact location of Cancer can be found out. I was asked by a lady to tell her problem. After examining her palms, I was forced to tell her just in two minutes that she had Cancer on her right breast. She then admitted having got her right breast operated for Cancer. I told her that Cancer was not totally cured and it had started affecting the liver. She started Acupressure treatments, got cured within 6 weeks and even after 6 years, she enjoys good health.

This type of diagnosis is very useful in case of children, as they are not able to tell the problem or explain their problems. Just by pressing on different points in the soles the exact root cause can be found out, because while you are pressing the soles, the child will cry out or take away the sole when any point is paining. Later on the child can be given this treatment along with bio-chemic medicines.

Thus with the help of Acupressure, a perfect diagnosis can be made. The patient is not concerned to know the name of his disease because there are thousands of names for such diseases. But all diseases are connected with these vital organs of the body. And Acupressure can diagnose as to which organ is damaged.

After the diagnosis is made, in the treatment of most of the diseases, the patient can use this therapy and get cured. However, in case of chronic and serious diseases, two or three therapies—Homeopathy, Ayurved, Chromotherapy Natureopathy etc. can be combined to bring faster relief to the patient.

"A lady on the basis of X'ray and other tests was put on Dialysis—3 times a week. Later on she was told that both the kidneys have almost failed and she is required to have transplantation of her kidney. It would cost her rupees 3,00,000 or about 20,000.00 US dollars. She got scared

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and came to me. Thorough examination was made and in five minutes, I told her that there was a minor trouble in kidneys and can be cured within 15 days. The root cause of her problem was Cancer in uterus. She was then asked to take treatment at home. Within 15 days all the swellings were gone and she passed clear urine quite frequently. She became energetic and with a further treatment of 30 days, she was cured."

That is why when the patient comes to you, please do not be carried away by what the patients say. Get your hints from the symptoms narrated to you and just think about the root cause and within a minute you will be able to locate the exact root cause.

In case of common cold, tonsilitis, sinusitis, Asthama etc. many times the root cause is cold due to Heat. In such cases you will observe that Point No.28 of Adrenal when pressed would be paining—Common cold is often misunderstood and it is suppressed by drugs (creating more heat in the body); there is a temporary relief; but as soon as the body becomes healthy, it tries to throw out excess water from the system and again diagnosed as a case of common cold. When such a phenomenon continues, it is declared as an allergy—the patient becomes a chronic case of sinus, tonsilitis, allergy and sometimes asthma. Later on such patients get arthritis, rheumatism etc.

In all cases, it is surprising to observe that the lungs of the patient are clear in the beginning and only after continued chronic cold, are sometimes affected and this develops into asthma.

"A lady had asthma for 20 years. On examination, Point No. 28 of her Adrenal was found damaged. As such she was put on treatment for cold due to heat. In the beginning cold increased; she continued treatment and along with same she took 2/3 glasses of lukewarm gold/silver/copper charged water and to her own surprise she got rid of this chronic problem in 40 days only."

This method of diagnosis is a very unique feature of this therapy. It helps you to locate a developing disease even before its outward symptoms appear. For example, if you have eaten or drunk anything which contained germs of jaundice, the liver gets damaged and within 48 hours or less, you can find that the point related to liver (Point No.23) is hurting. Now, jaundice is traced in blood after 4 days and in urine after 5 to 7 days. An early diagnosis of any disease is always the most important factor for its cure. You come to know what is wrong with you without any tests and can thus cure the disease at the earliest before it worsens in the body. Such early detection is possible also for Cancer which is most necessary in controlling it.

(3) Cure : As laymen, we are not much interested in knowing the name of the disease. We are more interested in getting rid of it once we diagnose it by the above method. The cure is very simple. After you have pressed your palms or soles for 10 minutes as a daily routine and located the points where it hurts, you apply pressure like pumping for 2 minutes at a time only on the points where it pains. Repeat this treatment 3 times during 24 hours. This treatment is to be continued only till you feel pain on that point. When the pain is removed, the disease is also removed with it and you are cured. Then this extra treatment is to be stopped. As this therapy is based on bio-electricity, the relief is many times faster than even by injections. Therefore, sometimes the pain goes away within 1/2 to 1 minute only.

In case the symptoms of the disease initially aggravate during the treatment it is a clear sign that this treatment is working properly. Nature wants to remove the disease from the body and so when you take this treatment, sometimes the symptoms initially aggravate. For example, when you have cold and headache, you will find pain on Point Nos. 1 to 7 and 34. When you take treatment by pressing them the congested water is thrown out of the body, so the nose may start running or you may

start sneezing. But once the root cause is removed the cold will be cured very soon.

In the case of a chronic disease, you will start getting some relief-improvement within 8 to 10 days and with continued treatment the illness will be completely cured.

The motto is : If you feel pain, press it out.

Position : Treatment can be taken in any position convenient to you i.e. while sitting, lying, standing or even travelling. Therefore, no special time is needed for taking this treatment. This treatment can be taken by the patient himself or can be given by others. For example, children or invalids can be given this treatment by parents or others.

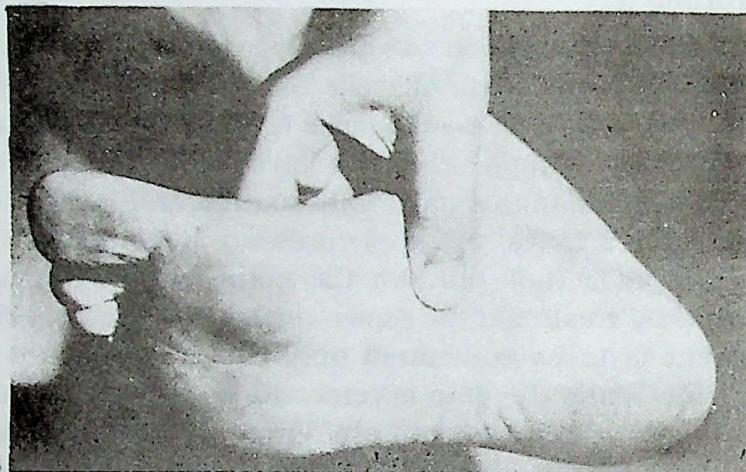


Fig. 51 : Picture showing how pressure can be applied by others.

Limitation : Most of the diseases are cured with this natural treatment. However, if you do not find even 15% improvement after taking the treatment for 12 to 15 days, it indicates that the damage/illness is severe and that you are in need of further assistance by way of change in diet, medical assistance or even hospitalisation.

Time : Though this treatment can be taken any time during the 24 hours of a day, it is advisable to avoid it within one hour after meals.

Side effects : An important feature of this treatment is that there are no side effects. The treatment is

harmless and can be safely given even to a one day old child. As there are no side effects, you can take this treatment as a daily routine and make it a life style.

You will discover that by making it a regular habit to take this treatment-

(1) All the organs will be recharged and all the endocrine glands will be controlled, thus leading to the proper functioning of the body and reducing the possibility of illness.

(2) You get a free daily medical check-up and anything wrong in your body is found out immediately.

(3) You can cure the disease at the earliest; thus you become your Own Doctor.

(4) You will be free not only from minor diseases like cold, headache, cough etc. but also from dreaded diseases like Cancer, Heart-attack, Blood Pressure, Paralysis, Diabetes, etc. The net result will be that you will enjoy perfect Health.

Anaesthetic effect : If continued pressure on any point is applied for more than 3 minutes, it creates an anaesthetic effect on the organ connected with it. If the

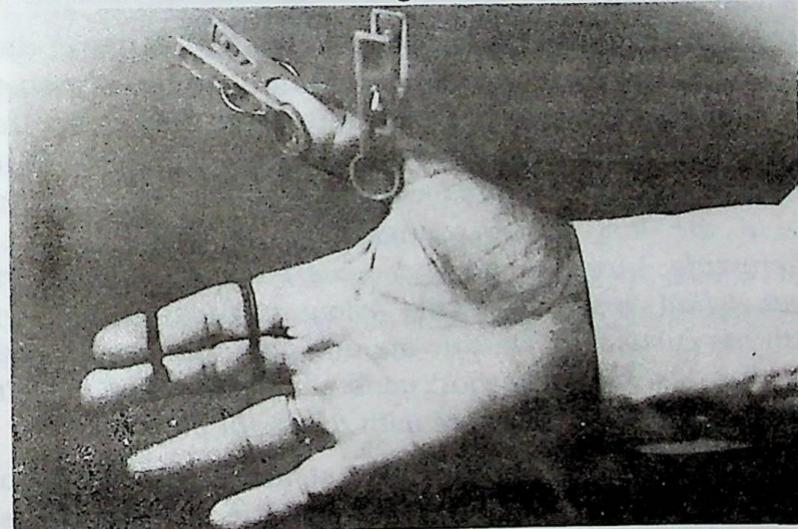


Fig. 52 : Picture showing how to use clothes-pins or rubber bands to create an anaesthetic effect

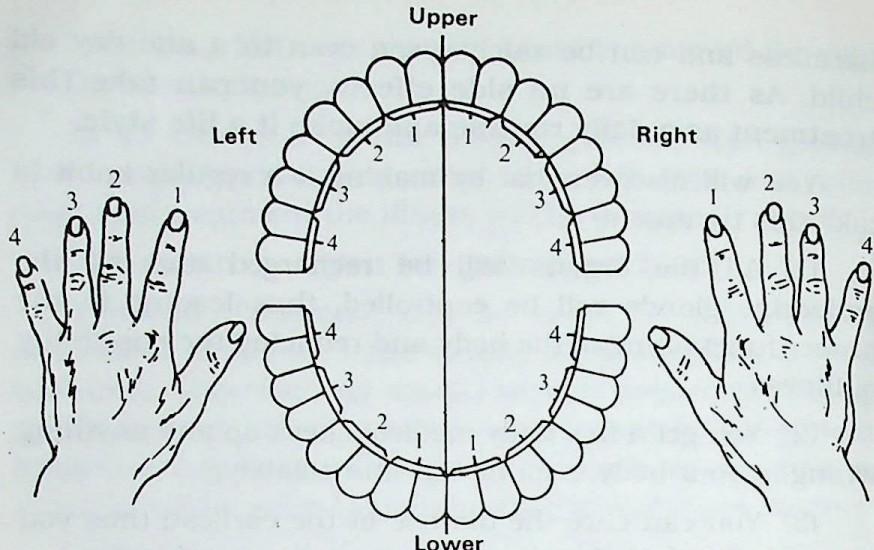


Fig. 53 : Picture showing which finger is to be pressed continuously for removing toothache in different teeth

points are on fingers, clothes-pins or rubber bands can be used as shown in Fig. 52. In case the tips of fingers or toes become blue, this pressure should be removed. Such continued pressure on corresponding points is very useful during severe headache, stomach-ache etc. For toothache, continuous pressure is to be applied on the tips of the fingers relating to that particular tooth. (See fig. 52 & 53)

Dr. 'M' reports : "I went to an exhibition. In one of the stalls, I found the proprietor sitting in a corner, pressing his mouth. On inquiry, I learnt that he had a severe toothache in the last tooth of the right side. I told him that I was a Medical Practitioner and asked him to press the tip of the last finger continuously for five minutes. Afterwards, I went away and came back after about an hour. I had to search for the fellow who was very busy with his customers. He saw me and came running to tell me that his toothache had gone completely and he felt that God had sent me there with a special purpose."

Precaution : It is observed that many people go on pressing the points for much longer time or many times during the day in the hope of an early cure. You may note that this may damage the switches and due to overworking

of the battery, may lead to weakness. Further, more toxins would come to the kidney and thereby cause it to overwork which sometimes might damage it.

You may study the diagrams properly and follow the instructions. You need not worry even if the pressure is applied around the point and not exactly on it.

Instruments : A well known Acupressurist of U.S.A. with a practice of over 50 years, writes that **the best instruments are the thumbs and the fingers.** In the picture below, a few handy instruments like—hand massager, wooden clips, rubber bands, copper wire,

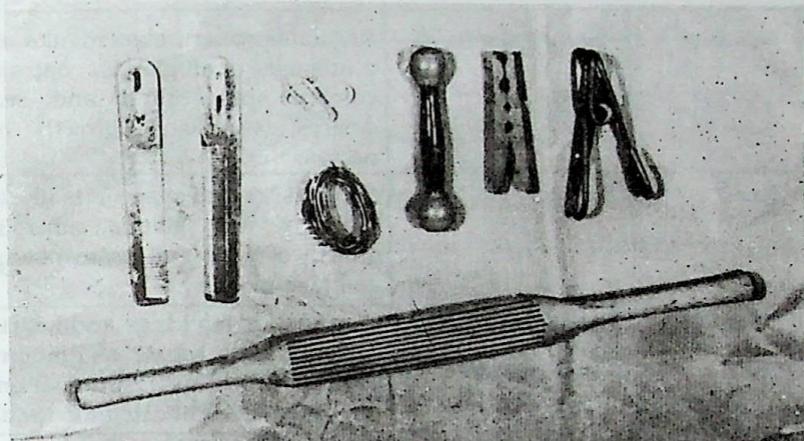


Fig. 54 : Picture showing handy devices like clothes-pin, rubber band, wooden stick, copper wire and grooved wooden rolling pin.

aluminium combs and wooden roller with grooves, are shown. Costly instruments like fancy wooden rollers, sandals, mats, etc., are not considered to be necessary. These instruments only activate the organs in general, but Diagnosis or Cure is not possible with their help. Moreover, they may be harmful.

CHAPTER 4**ENDOCRINE GLANDS – REGULATORS
OF THE BODY**

Nature has provided the body with proper regulators and protectors. These are the endocrine glands. The knowledge so far available in the west about these ductless endocrine glands is very limited. However, yogis in India were aware of its great importance, working and even before Ayurved – 6000 years and have described them as chakras.

Name of Chakra	Equivalent endocrine gland	Its working
(1) Sahastrar	Pineal (Point No. 4)	Regulates water balance; Acts as a manager of all glands; controls cerebro spinal fluid and sex desires; stimulates growth of nerves.
(2) Ajna	Pituitary (No. 3)	Controls air and space. It is like a king of all glands : controls growth of body and brain power and also memory.
(3) Vishudha	Thyroid/Parathyroid (No. 8)	Controls air – so lungs and heart; controls temperature regulation; governs energy production through control of calcium.
(4) Anahat	Thymus (No. 38)	Acts as a godmother till child reaches puberty i.e. 12 to 15 years.
(5) Manipur	Adrenal and Pancreas (No. 28 & No. 25)	Controls fire and production of digestive juices; Regulates blood and sugar level; controls stress-activeness and character building; controls sodium and water balance.
(6) Swadhisthan	Solar Plexus (No. 29)	Controls Apan Vayu "(अपान वायु)" and so movement of stools and urine; also controls all organs below diaphragm.
(7) Mooladhar	Sex/gonads (No. 11 to 15)	Controls water and phosphorus content – Produces sex hormones.

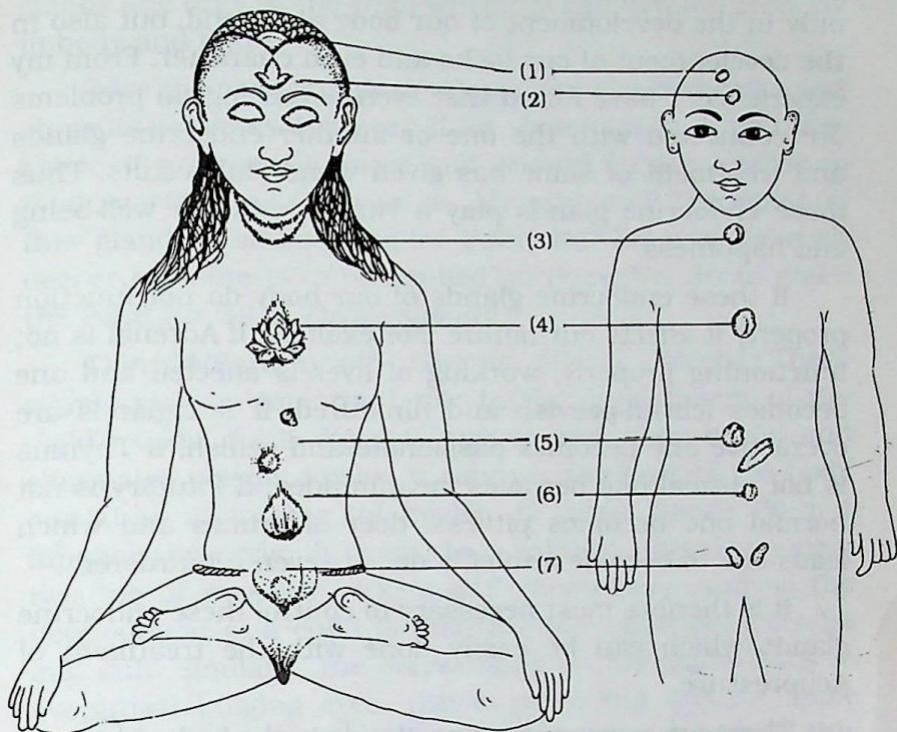


Fig. 55

These main endocrine glands produce internal secretion which on getting mixed with blood go to build up the body and maintain it in a healthy condition. These yogis have shown that these endocrine glands-chakras also mould the mind and character. In the second chapter, it is narrated that with certain yogic exercises, the latent electricity lying in the bottom can be moved upwards and power of these endocrine glands can be increased manifold. Moreover, there, I have narrated about the wonderful character one could acquire by lightening these Pituitary and Pineal glands.

The main functions of these glands are to maintain the metabolism-control of five basic elements (shown in chapter II) of the body; regulate the functions of all the organs and the brain; also adjust the body against changing environment and thus protect the body against any illness. These glands play a very important role not

only in the development of our body and mind, but also in the development of our looks and even character. From my experience, I have found that even psychological problems are connected with the one or another endocrine glands and treatment of same has given wonderful results. Thus these endocrine glands play a vital role in our well-being and happiness.*

If these endocrine glands of our body do not function properly it affects our nature. For example if Adrenal is not functioning properly, working of liver is affected and one becomes fearful-peevish and illnatured; if Sex glands are overactive one becomes passionate and selfish; if Thymus is not normal one becomes meanminded; if Pituitary is not normal one becomes pitiless, doer of crimes and which leads one to become a thief, a dacoit—even a murderer.

It is therefore most necessary to control these endocrine glands which can be easily done with the treatment of Acupressure.

There are seven endocrine glands in the body. They are interrelated and dependent on each other and assist each other. So when treating one gland, it is necessary to treat other glands. In case of any problem for about 8 to 10 days, you will find that there is a pain on points (No.8) of Thyroid/ Parathyroid. **They are the barometers of the body.** In case of chronic problems you will observe that points of more than one endocrine gland would be paining.

(1) **Thymus gland (Point No.38):** This is a very important gland and can be considered as a God-mother for the child. It protects the growing young child against any disease. If treatment for two minutes is given twice a day on the point of this gland in the soles till the child is one year and then also in the two palms till the age of 12/15 along with treatment on points of all other endocrine

* Very recently it has been discovered by urologist J. Edwin Blackwell in 1979, that all the systems of our body can be kept functioning properly by activating the exocrine and endocrine glands.

glands and organs, the child will grow and develop properly in body and mind.

Once the body is fully developed the gland shrinks and stops its activities. However, if for some reason, it becomes active, it produces dullness and general fatigue leading to total inactiveness. (Known as Myasthenia.) The point of this gland is situated under Point No. 30 and as such deeper pressure is to be applied on Point No. 30 to reach the Point No. 38 of Thymus gland.

Thyroid/Parathyroid Glands (Point No : 8) : These glands play an important role in the development of the child's body. As it digests calcium and phosphorus and eliminates poison, toxins, it controls the heat of the body and thus maintains its health. If these glands do not function properly, it leads to weakness, diseases—even twisting of muscles—rickets and convulsions and so the development of a child is retarded—the child becomes fat and dull. Similarly, the overworking of this gland leads to overgrowth-bulging eyes, goitre, protuding Adam's apple and tendency to become a bully. Even after puberty if this gland does not function properly, it leads to problem of calcification—stone. The gland controls, the element of Air and so the lungs and the heart.

It also helps build human qualities like affection—love—capacity for high thinking and concentration, leading to self control—balanced temperament, purity of heart and unselfishness. When it is deranged, a person becomes mentally unsteady—too talkative and ungrateful. When this gland is damaged along with sex glands; women during pregnancy and or after child birth or removal of ovaries, tend to become plumpy and put on weight around the abdomen and waist.

"Mr. " V. " " reports about two patients discharged from a reputable hospital in Bombay as being incurable. They were found to be suffering from toxic Thyroid and were given Acupressure treatment. On the 4th day both the patients showed signs of improvement and within 40 days, they were completely cured.'

As these glands are barometers of the body, there is a pain on their Point No.8 when there is a complaint of over 8/10 days. They play a vital role in our health and happiness and as such their points occupy a big place in our palm/sole. When these glands are not functioning, adequately there is a deficiency of calcium; so it is also necessary to make up deficiency of the body by taking calcium-cal. phos + cal flour-biochemic medicines.

Ovary-Testes-Sex-Gonad glands : (Pts. No.14-15)
These glands maintain the unbroken chain of procreation. They also regulate water element and so nerves, cells, flesh, bones, bonemarrow and semen.

Malfunctioning of these glands is noticeable only when children start getting mature; at the age of 12 to 14 girls have problems of menstruation—late or painful or too little—leading to pimples and excess heat in the body; or sometimes too much bleeding leading to anemia. This leads to retardation in the growth of the body.

As for boys they turn to selfabuse, start getting erotic dreams, become shy—often disturbing the growth of body and beard. Moreover, this creates psychological problems, which if not solved immediately, many a time, become the root cause of unhappiness in couples in their early married life.

A regular and proper functioning of these glands helps in maintaining of heat of the body and plays an important role in contributing to the attractiveness of a boy or a girl. Moreover, their nature becomes amiable; they become charming with good manners and agreeable words - and they have a fine health. Its disorder leads to make one selfish envious — censorius — lustful and of angry disposition.

After delivery and operation for sterilisation if these glands function less, fat starts accumulating in the body. So to maintain proper figure of the body, women are advised to take treatment on their Points No. 14 and 15 during and after pregnancy. Further, these glands secrete

sex hormones. Insufficient working creates rigidity and problems during menopause. Sometimes, the root cause for not getting a child can be traced to the damaged condition of these sex glands of the couple.

'A doctor couple had no issue even 14 years after their marriage. Both of them started treatment on the points of these glands and within 15 months, they became proud parents of a baby girl.'

Pancreas glands (Point No.25) : These glands regulate digestion of sugar-glucose in the body by creating insulin. In modern times due to excessive use of sugar (not the natural sugar in cereals-fruits-milk-honey-which is easily digestable) it has become more necessary to look after the proper-functioning of this gland.

Further, as per latest research, it has been observed that over functioning of this gland leads to low B.P., Migraine headache, and at times creates more desire for sweet foods-leading to Diabetes and sweet drinks leading sometimes to even alcoholism.

"Mrs. G" wife of an Income tax officer, had severe Migraine since years. She started taking Acupressure treatment and within 15 days she was completely cured."

"Mr. P" an Acupressurist, observed that this Pancreas gland was overworking in all sixty workers who had been Alcoholics. He showed them how to take treatment. More than 70% of the workers stopped taking Alcohol".

Adrenal Glands (Point No. 28) : These glands control and regulate the fire element of the body and so control spleen, liver and gall bladder and assist in the creation of biles and digestive juices. Qualities like keenness of perception-untiring activity-the drive to action-inner energy and courage are due to proper functioning of these glands. They also intensify the flow of blood; helps proper oxygenation and develops organising power-leads to leadership. It plays an important part in character building of a child.

In case of disorder of this gland, persons abuse their natural vigour to satisfy their lust or antisocial activities. They suffer from a sense of vain glory and are conceited—become extremely restless—impatient and short tempered. They cannot control diet and suffer from stomach problems and blood pressure. Such persons become fearful, timid and lose vigour to face problems of life.

“A Prince had lost interest in life from the age of 16, stopped studies in the final year of University and had no interest even in sex, so he did not marry. At the age of 31, after he unsuccessfully tried treatment under various therapies, he consulted an Acupressurist. On examination, his Thyroid and Adrenal glands were found to be damaged. The Acupressurist said that the cause of all his troubles was some type of deep fear—a severe shock which had damaged his Adrenal gland. The father of the Prince admitted that the Prince had at the age of 16 joined him in hunting in a jungle and had fallen down from the horse and was miraculously saved from a tiger, and since then had hallucination and lost interest in life. He was given Acupressure treatment and gold-silver-copper charged water to drink. Within 30 days he became normal and started taking interest in his hobby of painting and also in household chores.”

Pituitary Gland (Point No.3):This gland controls air and space in the body. This gland is like a king of all glands and sends orders to all other glands. It controls will power-our sight-hearing-memory and discrimination. It also rectifies the faults of other glands.

In case of its predominance, it helps people to become great geniuses, eminent literary men-poets, scientists, philosophers and lovers of mankind.

As this gland controls the growth of the body, so its overworking leads to make people physically large in size. While its insufficient functioning may result in making them dwarfs.

This gland also governs the growth of the mind-brain. This gland may be damaged due to fear or injury or sometimes, due to tension during pregnancy. This also leads to the malfunctioning of other glands. And that results in mentally retarded children. So if this problem of mentally retarded children is to be solved, the pregnant women during their pregnancy should take treatment on all endocrine glands and avoid damage to foetus. Further, it is observed that in those children where this gland is not working sufficiently they, tend to become mean, heartless, mischievous, tend to become bullies, liars and disobedient-they are even lead to steal. With proper treatment of this gland, in most cases the parents and teachers will get amazing results. As this gland and the Pineal gland are situated in the head, it is harmful to hit the children on the head.

"A 16 year old girl of a well-to-do family was reported to be stealing petty things from her classmates and no amount of persuasion, scolding or even corporal punishment had any effect on her. An acupressurist found that the point of her Pituitary gland was tender and on further examination her sex glands were also found to be damaged. On enquiry she admitted that she had scanty as well as painful menses which was the root cause of her habit of stealing. She started taking, Acupressure treatment and within 15 days, she stopped stealing and within 45 days, her menses became normal."

If the growth of the body and brain is not normal, give treatment on Point No.3 in the middle of thumbs and big toes, to give necessary stimulation.

This gland could be damaged during pregnancy and child birth, which can lead to malfunctioning of other glands especially sex glands which in turn can lead to obesity after childbirth. All these prove the great importance of maintaining this gland in proper working order.

Pineal Gland (Point No.4) : It acts as an organiser and controller of all glands. It controls the development of the

glands and regulates them. Malfunctioning of this gland leads to high B.P. also awakening of premature sex glands resulting in sex delinquency. Moreover it controls the Potassium/Sodium balance in the body and so its malfunctioning leads to excessive retention of fluids in the body which is mistaken for a serious kidney problem. It controls a proper flow of Cerebro Spinal Fluid and thus keeps all the glands and body vitalised—strong and healthy.

It is also known as a primitive third eye. The predominance of this gland generates a sense of sublimity—helping men grow into sainthood, endowed with divine qualities. These people have great wisdom and tenderness of heart, but also strong will power and so are not affected by body's sufferings or sorrow.

Lymph glands (Point No.16) : Although they are not endocrine glands, because of its importance, it has been included here. The point of these glands is under Point No.16 in the middle of the wrists. They control the immune defence system of our body, prevent the formation of pus on any cut or boil on the body and quickly heal the wounds.

These glands help clear the toxins from the body—clear the dead cells from the system. But when such toxins and dead cells are in excess in the body these glands have to overwork and become weak and tender. At that time when you press on the point of these glands; it pains. If such pain continues it means that these glands are not able to stop the malignant growth forming from toxins and dead cells. As such the first symptom to detect Cancer even at a very early stage is to find out about any pain on this gland. Moreover, during recent observation, it has also been found that if there is a pain on these glands and also on points of Pancreas it indicates Diabetes—increase of glucose in the blood. Thus you will observe that to prevent Cancer and sugar in blood, it is most necessary to keep these glands in active condition.

Increasing the will Power : Our mind has a great effect on these glands. For example, continuous fear damages the Pituitary gland and makes one timid. In the same way, tension and worry disturb the Pineal gland and so leads to High B.P. and as Pineal gland controls other glands it disturbs other glands and digestive system. In modern times, stress-tension or worry-fear have increased and often disturb these endocrine glands. If these endocrine glands are not treated immediately, it might lead to malfunctioning of other glands of the body. As these glands are interrelated, whenever one gland is disturbed other glands also get disturbed. So when you press on the points of these endocrine glands you will observe pain on points of more than one gland—especially in case of chronic diseases. Therefore it is very important to give treatment on all endocrine glands and keep them under proper control.

You will have observed that these glands also control the mind—the will power. So in order to get rid of bad habits like smoking, drinking alcohol, drug addiction or even overeating, it is extremely necessary to give treatment on all the endocrine glands for atleast fifteen days. Because, these people lack the necessary will-power to refrain from such bad habits; they often break their vows to stop such bad habits and so they are considered unreliable. However a treatment of fifteen days will give them therefore necessary will power to stop these bad habits on the sixteenth day. And they will be free from the side effects of stopping these bad habits.

"A Government officer had the habit of drinking alcohol every evening. He started Acupressure treatment and drank hot water in the evening. Surprisingly, enough he succeeded in getting rid of his habit of drinking."

"A young man was addicted to drugs-in spite of many persuasions by his mother and brother, he continued breaking vows and taking drugs. He was advised Acupressure treatment and so after one month he got

himself free from not only drugs but also smoking and even masturbation."

It has been observed that if children are taught to take this treatment from an early age of 8-10; not only their physical growth be normal but they will have no problems at the time of puberty and inclination towards delinquency and they will become attractive and will develop a well balanced outlook on life and will be able to live happily as good citizens.

If the police-crime department tries this treatment on the juveniles and criminals, it will be possible to reduce the crime rate.

Many problems considered to be psychological result from improper functioning of these endocrine glands. So with proper treatment on these glands such problems can be easily solved e.g.

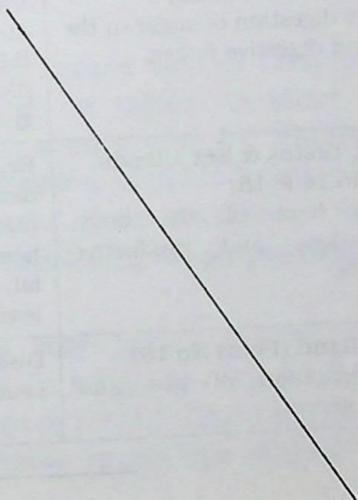
"A girl with a bright record in school, had at the age of 17, a typical problem. About 45 days before the examination, her hands had started shivering five minutes after she started reading and the book would fall down. So she was not able to prepare for examination and day by day she became more nervous. An Acupressurist was consulted. Her Adrenal gland was tender-damaged; on further examination her sex glands were also found to have been disturbed. On being asked whether she had profuse bleeding before this complaint started, she admitted. She started taking Acupressure treatment and in due course passed the examination creditably."

It has been admitted by Allopathic practitioners that by taking unnatural hormones like estrogen to counter the effects of menopause, the possibility of developing Cancer in the body greatly increases. The best way to control hormonal balance, is to take treatment on Point No.11 to 15 atleast twice a day. That will ensure that this natural phenomenon of menopause passes away without any side effects. Moreover when sex glands are disturbed, Thyroid and parathyroid glands are also disturbed, leading either to

decalcification—leading to fracture or forming of stones. As such treatment on Point No.8 and other endocrine glands is necessary.

It has been observed that in case of the Cancer, as the disease progresses, these endocrine glands become more and more tender, and because of overworking, then they become tired and eventually stop secreting the most vital hormones in the body and damage the very metabolism of the body and at this stage this disease is considered malignant, and if proper treatment is not taken, it develops rapidly and becomes deadly. Hence, the great importance of controlling all these endocrine glands must be properly realised. If all these endocrine glands are controlled properly and thereby all the organs, the possibility of Cancer becomes remote.

It is only the Acupressure therapy which shows the proper way to control these vital glands in the easiest way. As these endocrine glands are inter-related, in order to correct the defects of one gland, it is necessary to give treatment on all the endocrine glands. These glands are situated deep inside the body and so a little more pressure preferably with the thumb in a vertical position or unsharpened pencil or harder massage on same will be necessary.



**FUNCTIONS AND EFFECTS OF THE MALFUNCTIONING
OF ENDOCRINE GLANDS**

Name of the Gland	Effect of Malfunctioning
(1) Thymus Gland (Point No. 38) Protects child upto the age of 15	Child gets sick. In case this gland becomes active later on. It brings dullness.
(2) Pineal Gland (Point No.4) Controls sex system and water of body and is a primitive eye.	Premature sex development, increase in water content, High B.P.
(3) Pituitary Gland (Point No.3) It is the king of glands and controls the other glands. governs the brain and the development of the body.	Body becomes dwarfish or bulging. produces mental retardation. Child becomes a bully, or a liar and disobedient.
(4) Thyroid & Para-thyroid Glands (Point No.8) Parathyroid gland controls supply of calcium and phosphorus in body. Also controls the development of the body.	Underworking leads to rickets, convulsion, teeth problems, twisting of muscles, fatness and dull ness. Overworking leads to over-growth bulging of eyes. Adam's apple, etc.
(5) Adrenal Gland (Point No. 28) Controls production of biles and controls liver and flow of blood, B.P. and also moulds character.	Underworking leads to dullness, timidity, less energy, less oxygenation. Overworking leads to high B.P. Less biles lead to acidity and vomitting and severe headache.
(6) Pancreas (Point No.25) Controls digestion of sugar in the body, and digestive juices.	Underworking leads to Diabetes and overworking leads to low B.P., dizziness and even to Alcoholism through Hypoglycemia i.e. shortage of sugar.
(7) Ovaries, Testes & Sex Glands (Point No.14 & 15) Controls heat of the body, attractiveness and productive side of life.	Reproductive organs are damaged, problems of less or more menses, self-abuse, loss of heat leading to development of fat, un-attractiveness of the body, less/more sex desire.
(8) Lymph Gland (Point No.16) Stops formation of pus and prevents germs.	Disease called lymphocytosis. Leads to increase in blood-sugar.

CHAPTER 5**ROOT CAUSES AND ERADICATION
OF DISEASES**

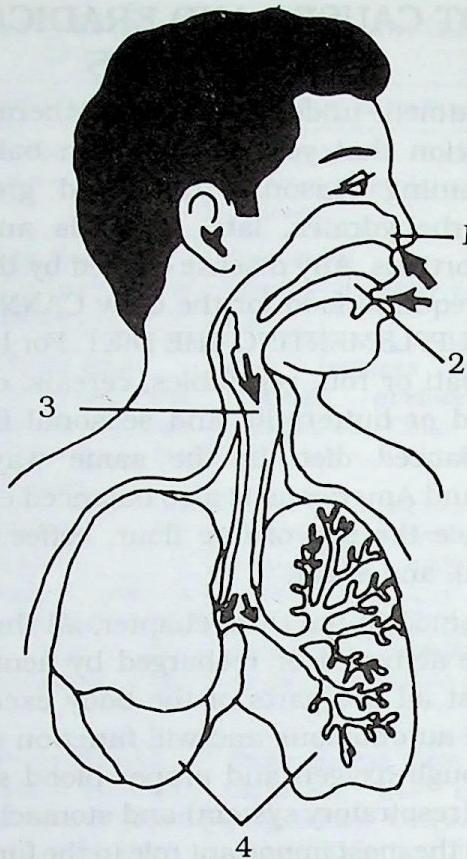
The treatment under acupressure therapy is based on the assumption that you are taking a balanced diet i.e. a diet containing seasonal fruits and green vegetables proteins, carbohydrates, fats, minerals and vitamins in proper proportions. Any disease caused by the deficiency of such most required food for the body CANNOT BE CURED WITHOUT SUPPLEMENTING THE DIET. For Indians, normal food of chapati or roti, vegetables, cereals, occasional rice, milk or curd or buttermilk and seasonal fruits will form quite a balanced diet. In the same way, the diet of Europeans and Americans is also balanced except that they should reduce the use of fine flour, coffee (which causes constipation), and sugar.

As explained in the third chapter, all the organs of the body can be activated or recharged by acupressure treatment. Almost all the parts of the body except Lungs and stomach are autonomous and will function well so long as they get enough oxygen and proper blood supply. That is why lungs—(respiratory system) and stomach—the digestive system—play the most important role in the functioning of the body. It is quite likely that germs of a disease enter our body through them.

Respiratory system :

Lungs : From childhood, proper care of breathing and expansion of lungs should be taken. Outdoor games, running and laughing and even crying by children, give enough scope for the expansion of their lungs. However, pranayam should be taught from childhood, from the age of 5/6 years for proper breathing, for proper oxygenation and purification of blood.

Pranayam—The Easy Way : Inhale the air counting 1,2,3,4; then keep the air in lungs counting 1,2,3,4; and then exhale the air counting 1,2,3,4. Then pause, do not inhale counting 1,2,3,4. Please repeat this at least 10 to 15



1. Nose, 2. Mouth, 3. Windpipe, 4. Lungs (Point No. 30)

Fig. 56

times a day and with practice go on increasing the counting to about 10 to 12. During this pause only, the lungs get rest and are revitalised. This type of controlled breathing called Pranayam was tried on T.B. patients in a hospital in Chicago and the results were astounding.

Pranayam : Once you reach counting 10 you may develop pranayam as under :

Inhale counting	10
Retain counting	20
Exhale counting	10
Refrain counting	10
i.e. in the ratio of	1:2:1:1

Control of five basic elements through Pranayam-Mudras : While doing this pranayam, even five basic elements of the body can be controlled because they are represented by different fingers as under :

Thumb	— Fire or Sun
Index finger	— Wind or Air
Middle finger	— Sky or Space
Ring finger	— Earth
(4th finger)	
Small finger	— Water

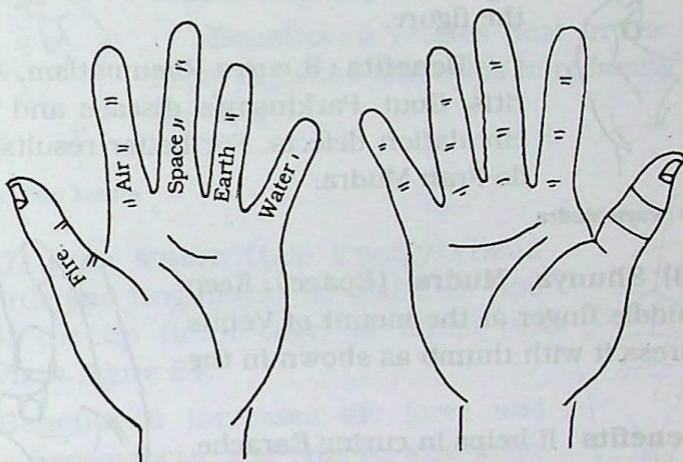


Fig. 57 : Five fingers represent five elements

Now, through different combination of these fingers-mudras, we can not only control these elements but also cure many diseases. This can be done in any position but sitting in a lotus position or sukhasan is advisable for better results. They can be started with 10 minutes and performed for at least 30 to 45 minutes. Some of such mudras are shown below and are to-be performed by both hands simultaneously.

(1) Meditation Mudra : Simply touch the thumb with index finger-pressing is not necessary.

Benefits : This helps in increasing brain power, mental concentration, memory etc. and cures problems of sleeplessness, tension, lack of concentration.



Fig. 58 : Meditation Mudra



Fig. 59 : Vayu Mudra

(2) Vayumudra (Air) : Keep the index finger on the base of thumb at the mount of Venus and press with thumb as shown in the figure.

Benefits : It cures Rheumatism, Arthritis, Gout, Parkinson's disease and blood circulation defects. For better results, also do Pran Mudra.

(3) Shunya Mudra (Space) : Keep the middle finger at the mount of Venus and press it with thumb as shown in the figure.

Benefits : It helps in curing Earache, Deafness, Vertigo etc., It is necessary to do this Mudra for 40 to 60 minutes to get best results.

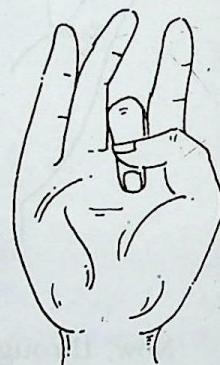


Fig. 60 : Shunya Mudra

(4) Prithvi Mudra (Earth) : Put the ring finger together with thumb as shown in the figure.

Benefits : It cures weakness of the body and the mind. It increases life force, (*chetna*) and gives new vigour to an ailing person. It also gives peace of mind.



Fig. 61 : Prithvi Mudra

(5) Varun Mudra (Water) : Put the tips of thumb and little finger together as shown in figure 62.

Benefits : It cures impurities of blood, skin problems and makes the skin smooth. Useful in gastro-enteritis and any other disease causing dehydration.



Fig. 62 : Varun Mudra



Fig. 63 : Sun Mudra

(6) Sun Mudra : Bend the ring finger and on its outer side on second fold, press with thumb as per the figure 63.

Benefits : It creates heat in the body, helps digestion and helps in reducing fat in the body.

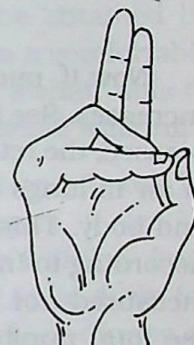


Fig. 64 : Pran Mudra

(7) Pran Mudra (Life Energy) : Bend the little and ring fingers so that their tips touch the tip (front edge) of thumb as shown in figure 64.

Benefits : It increases life force and cures nervousness, and fatigue, also helps increasing power of eyes and in reducing the number of glasses.

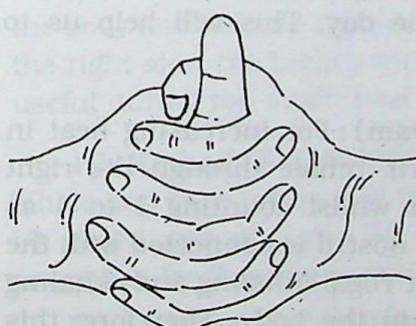


Fig. 65 : Ling Mudra

(8) Ling (Shiv) Mudra : Join both the palms and interlock the fingers, keep the thumb of left hand vertically straight and encircle it with index finger and thumb of right hand as shown in figure 65.

Benefits : It increases the resistance power of body against cold and bronchial infections and also against changes in weather, fever due to cold. It gives power to lungs creates heat in the body and burns up accumulated phelgm and even fat. While practicing this mudra one must drink plenty of green and fruit juices and water at least 8 glasses a day.

Now, when performing these mudras if pranayam is done, you will get better results.

Retention of Air : When doing this Pranayam, after inhaling air press the upper part of Thumb no.1 with index finger, you will be able to retain air easily in the lungs for a longer time than without such locking. See the figure 66.



Fig. 66

Now if, middle of thumb No. 2 is pressed, the retention increases. See fig. 66. Now if the base of the thumb (No. 3) is pressed, the retention is maximum. If there is more retention of air in lungs it is fully utilised, gives better power to blood and body. This will also mean that less breaths are taken. According to Indian philosophy, our life span is fixed and is measured not in minutes, days and months/years but in the total number of breaths. Now by doing Pranayam and retaining air in lungs for a longer time we reduce total number of breaths during the day. This will help us to increase our longevity.

1st Method (Sun Pranayam) : For increasing heat in the body, close the left nostril, inhale through the right nostril and exhale through it whilst counting 1 to 4 as mentioned above. As the right nostril is connected with the Sun (known as Pingala Nadi in Yoga) inhaling and exhaling through it will produce heat in the body. Therefore, this pranayam is very useful in winter and monsoon and for

diseases like cold, asthma, polio, paralysis, bronchitis, arthritis, T.B. etc. wherein heat is required.

2nd Method (Moon Pranayam) : For increasing coolness in the body, close the right nostril, inhale and exhale through the left nostril whilst counting as above. The left nostril is connected with the Moon (known as Ida in Yoga), so it produces coolness in the body. Therefore, this pranayam is useful in diseases like fever, sunstroke in summer etc. wherein coolness is necessary.

3rd Method (For balancing of heat and cold) : Inhale through right nostril and exhale from the left nostril and then inhale through the left nostril and exhale from the right nostril.

During the period the breath is held inside, pull the stomach inside for more effective results as well as for reducing the tummy.

Please see that while inhaling, your chest should expand by 5 to 7 cm. Better results can be obtained by breathing as above. Pranayam can be done in a comfortable posture, by sitting upright on the ground or a chair/sofa or can be done in a standing position or even while walking.

Breathing from the desired nostril—right or left—can be effected by closing the other nostril. Otherwise, if you lie down on the left side of the body, the breath will flow from the right nostril. In India people are advised to lie down for 10 to 15 minutes on the left side after lunch or dinner so that the breath is linked with the sun, producing heat in the body and helping digestion. Similarly, if you lie down on the right side, the breath will flow from left nostril which is useful during too much heat or fever.

4th Method (Kapalbhati) : Sit upright in a quiet place. Inhale and exhale very fast through the nostrils. Start with 10 times and go upto 50 times in a minute. Do this pranayam for 2 minutes/twice a day.

5th Method (Bhastrika) : Open the mouth, inhale slowly through it and then immediately blow out hard. Do it

for 10 to 15 times. Do this pranayam every time after you do Kapalbhati.

Regular practice of Pranayam and breathing exercises will ensure proper oxygenation of all parts of the body and cure many diseases. Proper oxygenation helps in purifying the blood and removal of toxins and carbon dioxide from the body. This, in turn, will reduce the unnecessary burden on kidney, reducing the possibility of skin diseases and failure of kidney. Moreover, pure blood enables proper functioning of all the organs and thereby increases vigour and vitality.

These breathing exercises are beneficial to all and should be practised daily. However, these exercises are a must for the treatment of cold, cough, Asthma, T.B. and mental disorders like Polio, Meningitis, nervous breakdown, muscular dystrophy etc.

Digestive System :

For good health, formation of pure blood is most important. Pure blood is formed from the food and drink we take and digest. Therefore, it is necessary to give proper attention to our digestive system.

1. Salivary glands
2. Gullet
3. Stomach
4. Pancreas
5. Colon
6. Small intestines
7. Appendix
8. Duodenum
9. Gall bladder
10. Liver

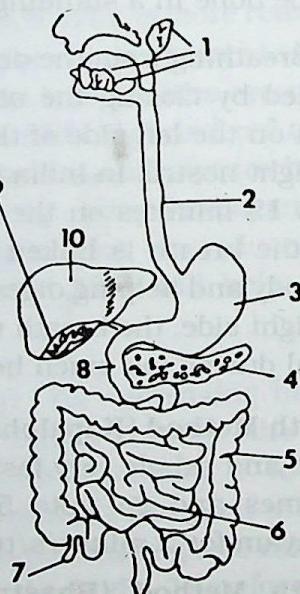


Fig. 67 : Digestive system

All the cells of our body get changed within a cycle of seven years. So by changing our diet, we can change the whole system—even Prakruti of our body. Thus a weakling or a patient suffering from a chronic disease can become strong and healthy with necessary change in diet and exercise.

"The case of Mr. Bernar MacFaden of U.S.A. is very illustrative. He got T.B. at an early age of seventeen. The doctors lost all hope of curing him. He changed his diet completely. He began taking only fruits and vegetables. He started nature cure treatment including fasting, sunbath, exercises, etc. What he achieved was almost a miracle."

Please note that care of our digestive system should start from the mouth. Nature has given us teeth to chew. Therefore we should form a habit of chewing all food including liquid food and soft food like sweets, ice-creams, etc. at least 10 to 12 times. This is necessary to add saliva to the food, for it is only in saliva that the sugar is digested. That is why people eating hastily without chewing and eating more sugar invite Diabetes and fat. **The modern dreaded disease of Diabetes can be conquered in your mouth.** Chewing less means double work for the stomach. And over-exertion of stomach will invite many diseases and even fat.

Proper chewing gives better taste and satisfaction. Moreover, it enables you to listen to Nature's signal that your stomach is full. This in turn enables you to stop eating further. Therefore discussions on dining table should be avoided as far as possible. Instead, soft music may be played. We should always remember that it is not more quantity or heavy food but the food that is digested gives us energy. If everybody forms the habit of chewing food properly, less food will be necessary which will incidentally help in solving the problem of food scarcity.

Diet :

The aim of eating and drinking should be to produce enough blood, produce sufficient heat and energy in the body and satisfy the taste.

There are six types of tastes : (1) sweet, (2) salty, (3) sour, (4) hot (chilly), (5) astringent and (6) bitter.

It has been observed that we are avoiding more and more the last two types of taste with the result that it upsets the digestive system and balance in our blood, thereby leading to a number of diseases, including Cancer. These tastes nullify the effect of sweets and purify the blood. These two tastes increase the digestive power—the fire—and are like a starter in a car and therefore should be included in our diet. It may be observed that Mahatma Gandhiji insisted on paste of neem leaves (**चटणी**) in the daily diet. An English medical practitioner has observed that those Indian people who use neem leaves in their diet are healthier and are more immune to disease, including blood cancer than those who don't use them.

We take great care about the quality and quantity of coal or wood we put in the cooking furnace or fireplace. We also give it enough air to burn properly. This enables the fire to give maximum of heat and reduce smoke and ashes to a minimum.

We should not forget that there is a similar fireplace in our stomach. We must think of the after-effects of the food and drink we take. The difference in the proportion of three basic elements of water, fire and wood in our body depends upon the food we eat. As laymen, we should see that the fire in the stomach is well maintained so that the normal food is digested. After the age of 35, we should be able to know what type of food does not agree with us. We should, therefore, avoid such unsuitable foods. We must know that a particular food which may be good for certain people may not be suitable to others e.g. curd/yoghurt, buttermilk suitable to people having more elements of fire, would not be suitable to people having more elements of water in them.

Easy way to find out what food/drink is suitable to oneself : First stand straight, keep your left hand fist closed on the Heart, outstretch your right hand parallel to the ground. Ask someone to pull down the right hand.

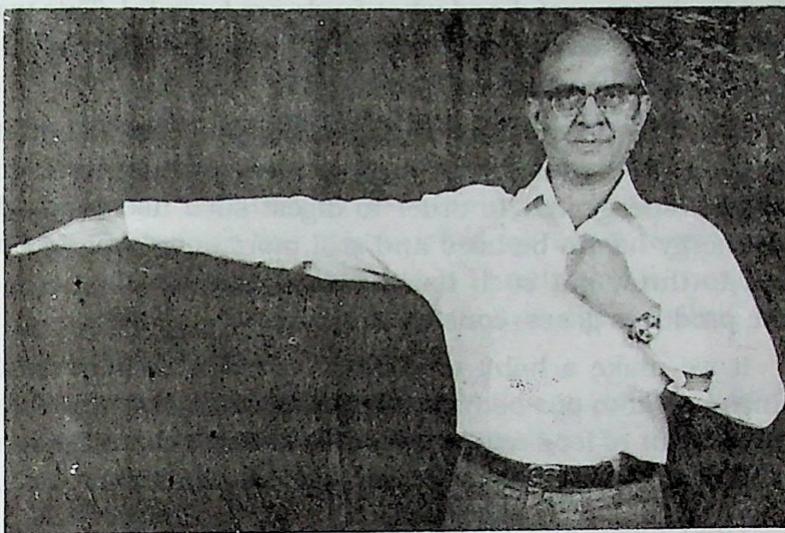


Fig. 68 : Picture showing how to find out what food/drink is suitable

Resist as much as possible. Now, keep the eatable in your left hand palm and keep it on your heart and outstretch your right hand parallel to the ground. Ask some one to pull down your right hand. Now if this eatable is beneficial to your body resistance power will increase. If it is harmful, resistance power will be greatly reduced and right hand will come down easily. In case of a drink you can keep it in a metal vessel preferably copper and do as mentioned above.

This method is based on the electricity of our body. Proper food and/or drink enhances the polarisation of electric flow and so increases the power of resistance. Improper food/drink depolarises the flow and so the resistance is reduced.

This way, you can find out easily what to eat and drink and what to avoid. Because of difference in the type of Prakruti, it is very possible that something suitable to someone may not be useful to other person. e.g.

curd/yoghurt mixed with sugar will be found more suitable to persons having more fire-pitt but not to those persons having more of water + earth = (कफ प्रकृति) and less of fire element. So everybody can try this method and find out what foods are useful and what foods are harmful. This way one can find out which one drug, out of many similar drugs, would be more suitable to him.

It will be observed by this method, that just to satisfy the taste, we eat so much useless things which does not generate energy, but in order to digest such useless foods our energy has to be used and still more energy has to be used to throw out such useless dead food which many a time produces gases, constipation etc.

If we make a habit of eating and drinking only such things useful to our body and chew them properly the total requirement of food will be reduced considerably, digestion will improve and same way discharge of stool will be easy.

Thus maximum energy will be obtained by the body from a minimum intake of food. If this principle is accepted by mankind on a larger scale the total requirement of food will be less and there will be minimum health problems.

How to get maximum energy from the food :

Recent experiments by nutrition experts in the U.S.A. have confirmed finding of the Indian philosophy that the best time to eat food is after one hour, we get up in the morning till sunset when internal temperature increases and the food is digested more easily and so more energy is obtained. They have maintained that eating late and taking heavy foods after sunset, tend to slow down digestion and produces more fat and problems of stomach.

In Ayurved, the Indian medical system, a detailed description of the after-effects of all the different types of cereals, vegetables, spices, fruits, milk, curd, buttermilk, herbs, minerals, etc. is given. This shows a deep study and research over hundreds of years. Ayurved describes minutely what food to eat, how to eat and when to eat and also shows the effective use of kitchen spices in curing

certain diseases. It would be worth the effort to study the same and implement it. Out of so many important ingredients of the kitchen spices, one is turmeric (हलदी) powder. It is very useful as described below :

- (1) On any cuts, bleeding or burns, turmeric powder should be applied immediately. It is antiseptic and will stop bleeding and heal the cut/burn.
- (2) Whenever there is pain in bones or swelling due to a fall, this powder is to be boiled in water and a thick paste has to be applied for 3 to 4 days on that swelling or the part that is in pain and without any other medication the pain and the swelling will subside.
- (3) In case of tonsillitis, apply a paste of this powder and glycerine tanic acid, massage on tonsils with the tip of the finger, and then gargle with lukewarm salt water.
In the case of small children, if they do not allow such a massage, globules of the size of green peas may be made with this powder and jaggery and 8 to 12 pills a day be given to children to eat.
- (4) Turmeric is blood purifier and so can be taken with milk. It should be given this way to the mother after delivery; This helps faster contraction of the ovaries and inner parts.
- (5) A paste of turmeric powder and sandalwood powder mixed with a little edible oil be applied on your face as a Face Mask. Keep it for 15/20 minutes, then wash your face with tap water. Within 15/20 days your face will be bright and radiant.
- (6) In diabetes, regular intake of turmeric powder and Amla powder has been found very effective.

Same way, one must learn the usefulness of other spices and use them accordingly.

To maintain a good digestive system we should see that —

- (1) the food is well cooked and eaten warm/hot.
- (2) the use of whole wheat and rice is adequate. Please try to reduce or avoid use of fine flour and polished rice.
- (3) use of fried things should be reduced.
- (4) enough buttermilk and curd should be included in the diet.
- (5) enough vegetables, raw and cooked and seasonal fruits should be taken.
- (6) the food should be properly chewed.
- (7) a time gap of 5 to 7 hours must be kept between two meals.
- (8) the habit of eating or drinking liquids except water or buttermilk between the meals should be stringently controlled.
- (9) the stomach is also a machine and so it should also be given rest of at least one or two meals a week. At that time, only fruits or fruit juices or boiled water may be taken.

To satisfy our palate is one of the greatest enjoyments of life; eat anything you like once in a while. But respect Nature's signal which is given in the form of belching. Nature gives a first signal to say that the stomach is full. You should stop eating further at that point. It is an orange signal like the one at the traffic lights. If that cannot be done, you must stop at the second signal which is like a red light. If you continue eating even after the second signal, please be warned that you are inviting trouble. Necessary changes in the food, diet, should be made according to the changes in seasons.

Please observe the motto that the fire in the stomach should be well preserved and should remain capable of digesting the food you eat.

A liberal use of ginger, pepper, eatables of bitter taste,

sunbath, regular exercise etc. helps this fire. While cold water, cold drinks, icecream etc. reduce the fire and increase the burden on the digestive system. Please note that Heat is Life while Cold is Death. Eat or drink accordingly.

Sprouted Pulses : This may be taken by all people uncooked, but mixed with til (sesame), groundnut, raw, cabbage, dates, dried grapes or a little jaggery. They have vitamin B Complex, plenty of vitamins C and E, proteins and minerals. Children, expectant mothers and old people should be given this important food. Sprouted pulses are also very good for reducing weight. In that case the use of dates, dried grapes or jaggery should be avoided as far as possible.

Test of proper digestive power and proper eating : After the meals, you should feel energetic, light in body and capable of work-even running if necessary. If you feel heavy, sleepy or dull, it indicates overeating or fast eating or a weakened digestive system.

Assistance of Acupressure for the digestive system :

Sit on a chair. Keep the wooden roller on the ground, giving as much pressure as possible, roll the feet on the foot roller for five minutes-each foot. This will activate all

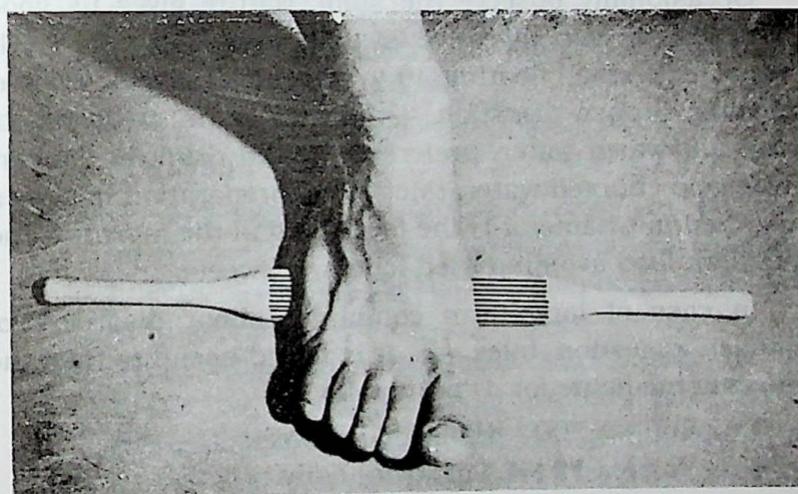


Fig. 69

the organs of the digestive system, kidney, lungs etc. It is of great help to people above the age of 40.

Laxatives :

Laxatives are not necessary. Check up Solar Plexus and correct it if necessary. Give pressure or rub on the middle of the chin for 3 to 6 minutes in the morning or while in W.C. to ensure cleaning of bowels and thus avoid constipation which is the root cause of many diseases. See Fig. 110. For a long term cure :

- (1) Drink lukewarm or hot water first thing in the morning. Lie on your back and roll the wooden roller on stomach-abdomen.
- (2) Drink 6 to 8 glasses of water during the day. If possible, drink buttermilk twice daily.
- (3) Include leafy vegetables in your diet.
- (4) Chew properly and roll your feet on a grooved wooden roller, 5 minutes every evening to increase your digestive power.

In case of piles, fissures etc. this treatment is a must.

Stools :

Occasionally observe the stool. Nature gives us good indication of our digestive system. Odourless, properly formed dry stool floating in water or easily cleansible, indicates proper digestion. Otherwise, it is advisable to drink lukewarm water, preferably health drink or copper/silver/gold charged water, (Method of preparation has been described in Chapter 14) the first thing in the morning and take light food avoiding fried food and sweets.

In case of long term complaint about disorders of stomach, digestion, biles etc., it is found useful to take the following medicine for 4 to 6 weeks.

Nux Vomica 200 × 8 Pills once a week.

Nux Vomica 12 × 4 Pills twice daily.

Dental Care and Mouth Care :

After every meal, chew a little salt and gargle with water. Soft brush can be used to clean the particles caught between the teeth and the gums. Make it a habit to clean the teeth every morning and before retiring to bed. In India people use thin stick of a Babul, Banian or a Neem tree (known as Datoon) as a brush. First it is to be chewed to make it soft and use it like a brush. It is advisable to use a Datoon of Babul, Banian or Neem tree at least once in a day.

It is reported by experienced Dentists that tooth pastes available in the market are not much effective. Instead, the following tooth powder or paste which can be easily made at home has been found quite useful for the gums and teeth :

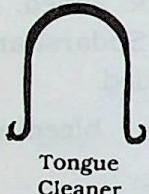
- (1) **Tooth Powder** : Mixture of finely ground alum powder 40% and rock salt or regular salt powder 60%. For better results, a few drops of lemon may be added. In case of dental problems, adding a little of 'Sudarshan', a bitter Ayurvedic powder is also recommended.
- (2) **Tooth-paste** : For dental problems like bleeding, pyorrhoea, toothache etc. make a paste of
 50% alum powder
 10% rock salt or table salt powder
 10% Sudarshan powder (an Ayurvedic preparation)
 15% edible oil (unrefined)
 10% glycerine tanic acid
 5% camphor.

The paste made of this mixture can be massaged on the teeth and gums in morning and evening with fingers. It can be packed in collapsible tubes/jars and used as tooth-paste.

- (3) Even massaging the gums with a mixture of 70% edible oil (sesame or groundnut or coconut unrefined), 15% glycerine tanic acid and 15% fine powder of rock salt or table salt is useful for good, healthy teeth and gums. Make it a daily habit. Please note that

healthy gums are more useful than glistening white teeth.

- (4) **Mouth Freshener :** Gargling with a little lemon juice mixed with water, freshens the mouth. Take a quarter of a lemon, massage it on teeth and gums and then gargle with water. Even chewing of mango, tulsi or betel leaves after meals is good, and it is so advised in India.
- (5) **Exercises for teeth :** Keep the lips closed. Pound the upper teeth on lower teeth for 30 to 40 times twice a day. Then massage the saliva on gums with the tongue. That will ensure proper blood circulation in teeth and increase the life of healthy teeth and gums.
- (6) **Tongue :** It is necessary that the tongue is cleaned properly with a metallic or non-metallic tongue cleaner. This will clear the congestion not only on the tongue but also of the throat. Moreover, as all the meridians pass through the tongue, little massaging the tongue with a tongue cleaner, will activate all the organs below the diaphragm. The use of the tongue cleaner is recommended three times daily especially in case of Tonsils, congestion in throat, Diphtheria, etc.



Skin Care :

The Skin is porous and exhales toxins from the body. So it is very necessary to maintain its health. For the care of the skin it is necessary to :

- (a) drink plenty of water 6 to 8 glasses, if possible health drink 3 to 4 times a day.
- (b) eat groundnuts, til (sesame) or any type of nuts especially in winter and plenty of seasonal vegetables and fruits.
- (c) have oil massage once a week or at least twice a month.
- (d) take sunbath regularly early in the morning.
- (e) practise Pranayam regularly.

- (f) avoid eating foodstuffs in such combination as would create disturbance/toxins in the body/blood. For example,

Avoid eating any one
of the following :

Pulses

Garlic, Onion, Fish,

Antibiotics

Citrus fruits

with any one of
the following :

Milk (unwarmed up)

Buttermilk/curd or

Milk-curd preparations

- (g) Drink daily 2 to 3 cups of green juice.
- (h) Apply waste of green juice like paste on all affected parts; also on face as face mask and observe the astonishing results.
- (i) Also activate the points No. 22 and 23 of Gall bladder and Liver if necessary three times a day.
- (j) When the skin becomes dry and there is a lot of itching, on the affected parts, apply/massage coconut oil which is to be prepared as under : Put garlic in a little quantity of coconut oil and boil it. Let it cool down. Then filter it and keep it in a bottle. This oil can also be used as Ear drops too.

Posture :

It is observed that most people complaining about digestive problems, backache and pain in legs do not usually sit in an upright, straight position, especially when sitting on the ground. Upright posture is a must for good health. By stooping, the stomach and abdomen are not allowed to expand properly when breathing and that puts extra pressure on the lungs. Moreover, the spinal column is damaged. See figure 20 and 22.

The total effect is an improper functioning of the stomach, abdomen and sciatica nerve leading to less oxygenation. The first thing is to change the way of sitting. One must sit upright. Secondly, when seated on a chair with back upright, take out the breath and then pull in and expand the stomach and abdomen. Do this for 8 to 10 minutes a day. This is a good exercise for all especially to

avoid gas, indigestion, fat etc. But this must be done either before meals or at least two hours after meals.

Test of good health :

- (1) The head should be cool.
- (2) The Soles of legs should be warm.
- (3) The stomach should be soft, which is possible if constipation is avoided and solar plexus is in order.

Now in case the head is warmer, and soles cooler, as is in case of cold due to heat, meningitis, brain's problems, parkinson's disease, arthritis, stroke, chronic disease etc then do the following :

Take a nylon brush which is used for washing the clothes. Rub it under the soles for 3 to 5 minutes three times a day till the soles become warmer.

Germs :

The germs of disease enter our body (a) through water and/or the drink we take and/or (b) through the food we eat. Wherever (1) purified water is not available, water should be boiled as is done by Jains in India and by most people in China, (2) when we eat food, proper care should be taken not to eat-

- (a) fruits or eatables kept in the open
- (b) overripe and spoiled fruits
- (c) diseased fish or polluted meat of diseased animals.

If the above suggestions are carried out properly, causes of diseases are reduced to a great extent. And the minor ailments due to change of weather, water and food can be controlled with Acupressure treatment. The net result will be good health throughout the life.

CHAPTER 6**NATURE CURE**

Nature cure means following the rules of Nature and curing the disease with the help of the elements of Nature viz. earth, water, sun and air; in such a way that toxins gathered in the body are thrown out—body becomes pure and life current powerful. That enables the body to cure the diseases and make the body work efficiently.

Earth/Mud : Due to increasing problems of germs in the earth; placing wet mud pack on stomach and other affected parts is less advocated. However, the paste of green juice can be applied. Such a pack can be put on eyes, stomach, skin problems and when it becomes dry; green juice can be sprinkled on it or the green pack can be changed. For better results, after applying green pack, sunrays can be taken on it. The results are wonderful—even in case of white spots leukoderma/leprosy.

Water : (1) Drink plenty of water—8 to 10 glasses per day. In India, there was a custom of drinking 2 to 3 glasses of water kept overnight in copper vessel and then walk for about one mile to go to toilet in the open. Now, recently, a Japanese professor tried this method on 30,000 people and was convinced of the great benefits of drinking first thing in the morning such 2 to 3 glasses of water boiled on previous night and kept in a metal vessel. If walking is not possible—lie down and massage the stomach or roll the wooden roller on stomach for 5 to 10 minutes. This will remove not only constipation but also excess heat from the body. Before drinking the water, check up the Solar plexus and correct it if necessary.

(2) Use of hot and cold pack is shown on page 175 of this book. Application of cold pack helps in reducing fever and removing the morbid matter-toxin-from the body. Hot packs on the other hand relieves pain and swelling.

(3) Vapour treatment/steam bath are useful to drive out the cold and toxins from the affected part through

perspiration and increased circulation of blood. It is very useful in polio, artharitis, rheumatism, paralysis etc.

(4) Moreover, if facilities are available, one can take hip bath in a tub filled with cold and hot water; level of which should be upto the navel.

(5) In case of fever, wet cotton bedsheet can be wrapped over the body and covered with woollen blanket for 15 to 30 minutes and then repeated after 1 to 2 hours if necessary.

Air : Pure air is a big doctor. Methods of easy Pranayams are, therefore shown in this book on page 98. If mudras, shown on page 100/102 are also carried out at the same time, better and faster results can be obtained.

Sun : As it is of utmost importance a special chapter No.7 is devoted to it in this book.

Diet : As mentioned in chapter 2 book natural products of vegetables – fruits – sprouted pulses have equal of positive and negative of sun energy stored in them. Therefore they are easily digested and give maximum energy.

Fasting : In order to clear the toxins largely in the digestive organs, fasting of 12 to 72 hours or more is advocated. During fasting it is advisable to drink luke warm boiled water, and green juices. One can make it a practice to skip a meal once a week, skip meals for a day once a month and remain on boiled water – green juices and fruit juices for three days in a year. Such fasts should be broken with fruit juices.

Body and its electricity : The best element of Nature is our body – its bio-energy and one can easily use it oneself i.e. Acupressure which has been narrated in this book at length.

One need not forget that even though advanced and best, man is also an animal of Nature and therefore more and more use of these basic elements of nature will give good health. For faster and guaranteed results, use of as many as possible, of these therapies of nature should be made together.

Enema : In order to remove stools from big intestines, this enema should be taken with lukewarm water. One teaspoon of coffee powder and one teaspoon castor oil can

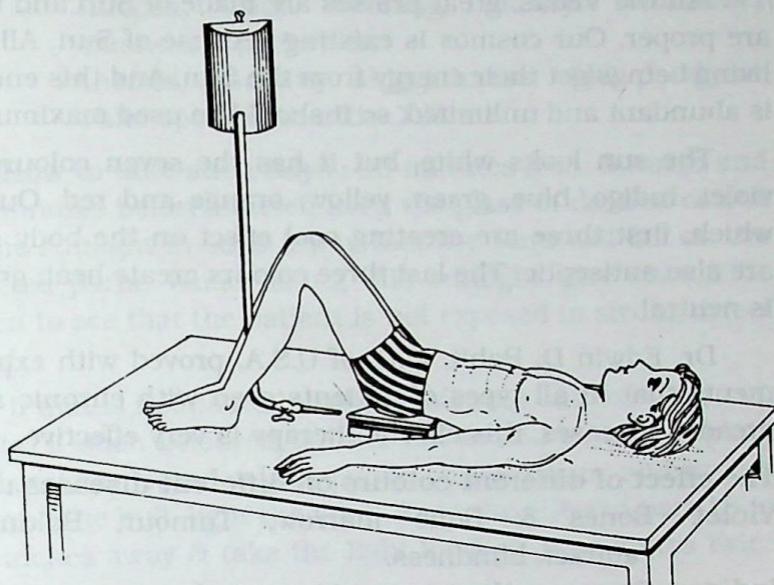


Fig. 70 : How to take enema

be added in the water for better results. During and after the fast, such enema is very useful. Such enema should be followed with enema of cold water.

CHAPTER 7

CHROMOTHERAPY-USE OF COLOURS OF SUN

In the Vedas, great praises are made of Sun and they are proper. Our cosmos is existing because of Sun. All the living beings get their energy from the Sun. And this energy is abundant and unlimited, so it should be used maximum.

The sun looks white, but it has the seven colours of violet, indigo, blue, green, yellow, orange and red. Out of which, first three are creating cool effect on the body and are also antiseptic. The last three colours create heat; green is neutral.

- Dr. Edwin D. Babit, M.D. of U.S.A. proved with experiments that in all types of patients even with chronic and dreaded diseases, this chromotherapy is very effective.

The effect of different colours on different diseases :

Violet : Bones & Bone marrow, Tumour, Baldness cataract, blindness.

Indigo : Eyes-nose-throat problems, facial paralysis, diseases of lungs, Asthama, T.B., Less digestive power, problems of nerves system, convulsion, madness.

Blue : Whooping cough, all types of diseases, problems in throat, fever, typhoid, small-pox, measles, Ulcers in mouth, Cholera, swelling in brain, problems of nerves, Insomnia, mental depression, problems of semen-discharge, burns, bleeding from nose, etc.

Dr. Edwin Babit calls this Blue colour as the world's best antiseptic and that is why the blue sky during the day has such beneficial influences on the world.

Green : Heart problems, Lower & High B.P., Skin problems, Cancer, influenza-syphilis, pain in eyes, etc.

Yellow : All disorders of digestion, spleen, liver problems, diabetes, leprosy, etc.,

Orange : Longterm Asthma, Bronchitis, swelling in Trachea, Gout, swelling, kidney, mental-nervousness, Epilepsy etc.

Red : Anemia, disability, sluggishness, cold, paralysis, white spots, arthritis. T.B. etc.

How to take such Rays : 90 minutes from Sunrise and 60 minutes before Sunset; keep the glass of desired colour in the sunlight in such a way that the Rays will fall on the affected parts. While taking this sunlight care should be taken to see that the patient is not exposed to strong direct wind.

If that is not possible, take a coloured bulb of 60 to 100 watts. If such coloured bulb is not available, take a plain bulb, take coloured gelatin paper, fourfold same and wrap it around the bulb-light the lamp, keep the affected part 18 to 20 inches away & take the light for 5 to 10 minutes twice a day.

How to take such colours through water : Take a glass bottle of the desired colour. If it is not available, wrap gelatin paper of the desired colour on the white glass bottle. Fill it $\frac{3}{4}$ th and keep it on a wooden plank. And keep it in sunlight for at least 3 hours between 10 A.M. and 3 P.M. If such a bottle is kept in sunlight for more than 3 hours it is not harmful. Just take care that this type of coloured water is not exposed to any other type of colours.

Now, the colour medicated water can be given to the patient at an interval of 15 minutes to 120 minutes depending upon the intensity of the disease. In case, water of other colours is necessary to give, it can be given alternatively.

This is the therapy of Nature and can be effectively used with Acupressure. Acupressurist should study this therapy and use it with care.

CHAPTER 8**URINE THERAPY**

Even the medical doctors in the west, have accepted that to fight and clear toxins from the body, our own body creates antibodies. Now, during sleep the computer of our body manufactures such medicine according to specific requirements of the individual and is present in big quantity in the first urine of morning. And so if this first urine is drunk, the body will get all its requirements—salts etc. This is the principle of this Therapy. Realising its great medicinal value, costly injections are prepared from urine in Japan.

It may be surprising to note that even in our religious scriptures like Shivpuran, Mahabharat, Bible etc., it is mentioned that **this urine is nectar of life**. And details about how to drink the same are very well narrated in Shivpuran. Even culprits know the benefit of this urine. Whenever they are caught, the first thing they do, is to drink their own urine; so when they get heavy beating; they recover very soon. Even in long fasting it is advised to drink one's urine.

Shri Morarjibhai Desai, a former Prime Minister of India and a great propagator of Urine Therapy used to drink his urine and massage his body with his urine regularly until he died. That was the secret of his reddishness, lack of wrinkles on his body and his healthy and glowing skin even at the old age. By drinking his own urine and washing his eyes with his urine he proved that even cataract can be prevented for 25 years.

In all types of chronic diseases, it is advisable to drink one's urine. Dr. Bitrice Barter of U.S.A. has claimed to cure even patients of AIDS with this therapy. I am of the opinion, that if treatment mentioned in this book for Cancer of Blood and Thalassemia is combined with this Urine therapy, the problem of AIDS can be controlled quite rapidly.

How to Use : Let the first few drops pass, then collect the Urine in a clean glass/tumbler or in hands and drink it.

For Eyes : Keep it in an eye glass or in palm and use it as an eye wash after the urine has cooled down. It is effective to maintain good eyes and to cure the beginning of cataract.

Teeth : For any types of problems of teeth-even when teeth are shaking, gargle this urine for atleast five minutes-massage it on gums.

Care of Hair : Massaging of Urine on hair and scalp makes the hair soft and silky-clears dandruff, germs, etc. It can be applied on beard before shave as a foamy, that will give clean-smooth shave and afterwards can also be used as **after shave lotion**-such an application enhances glow of face, and so can be very well used by both men and women.

Skin Problems : It is one of the best medicine. In the book use of urine in Syphillis, Gangrene, White spots etc. has been separately narrated.

How to apply on skin : Warm the first urine, let it cool down. The crust has to be removed. Soak cotton in this lukewarm urine and massage it on affected parts for 2 to 5 minutes. Before doing so, massage ice on the affected parts for 2 to 3 minutes. Afterwards, wash with clean water.

Along the same if two to three cups of green juice is drunk daily and colour treatment is taken the results are astounding—even cures white spots.

Precaution : Before using self urine, please get it 'Tested'. It should not contain '**Sugar**' or '**PUS**'. If so, do the treatment to cure the same.

CHAPTER 9**TWELVE SALTS-BIOCHEMIC THERAPY**

The water in our body and the water of sea are same. The water we drink does not contain the salts of sea water or those in our body. We get the necessary salts from the vegetables and other food. Sometimes, if we are not able to take enough quantity of such salts, there would be deficiency of such salt in our body which in turn creates diseases in the body. And when we take such salts the diseases are cured. Dr. Shusler of Germany has made a research about same known as Bio-Chemistry. He has maintained that there are billions of tiny cells in the body and so if any of these twelve salts is taken in such tiny form, it will reach these cells of our body and cure it and make it working properly.

Now, from experience it has been observed that this medicine should be given on the first day of the week in the potency power of 200 and in power of 12 or 30 for the rest six days. And continue such treatment for four to six weeks as may be necessary.

This is an innocent therapy—the patient can do it himself. If necessary more than one salt can be combined and taken together. It is very useful for children.

These medicines supplement the Acupressure treatment and so in this book these medicines are prescribed. An acupressurist should, if possible, acquire proper knowledge about these biochemical medicines.

Here in the following table you will find the names of these twelve biochemical salts-medicines, where is the place of such salts in the body and in which diseases it is useful.

TWELVE SALTS-BIOCHEMIC THRRAPY

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Name	Place	Useful in which disease
1. Calcar. Phos (Calcium Phosphate)	Teeth, Bones, Blood & Tissues	useful for all problems connected with teeth, bones, blood & tissues, it is useful in all problems connected with tissues i.g. worry, cold, less appetite, breathing, difficult urination etc.
2. Calcar Sulf (Calcium Sulphate)	Lying between the tissues.	useful for—driving out toxins, cold, coughing, T.B., boils, ulcer, swelling in ears, puss & blood in urine, Artharatis etc.
3. Cal. Flour (Calcium Floride)	Nerves, Muscles	It gives contraction so where ever these nerves and muscles have become loose this medicine is used to give them tone.
4. Ferrum Phos (Ferrous phosphate)	in the blood cells.	Anemia—for all problems due to deficiency in blood, all types of fever. For lack of concentration, in forgetfulness.
5. Kali Muir (Potassium Chloride)	Blood muscles & Nerves	For all problems regarding blood-nerves, indigestion, vomiting—loose motions, and in swelling of delicate nerves, good for all breathing problems.
6. Kali Phos (Potassium Phosphate)	Brain—nerves & muscles	All problems connected with brain & central nervous system—is considered king of all twelve salts.
7. Kali Sulf (Potassium sulphate)	Skin & arteries	All problems of skin & due to improper functioning of perspiration or due to germs. Arthartis—fever useful to ladies to increase skin beauty.
8. Mag. Phos (Magnesium phosphate)	Muscles, bone marrow	It is expanding vasodilator, all types of pains, headaches convulsions. Epilepsy—paralysis etc.
9. Natrum Muir (Sodium chloride)	Water of body	Sunstroke, dehydration, Insomnia—weakness of brain—Palpitation etc.

Name	Place	Useful in which disease
10. Natrum Phos. (Sodium Phosphate)	Water of Body	Acidity-worms-dullness of memory-improper functioning of heart.
11. Natrum Sulph (Sodium Sulphate)	Water of Body	Controls water of body enables more urine.
12. Silica	Water of Body	This is element of Earth-works as a surgeon of body very useful in boils.

Further it has been observed with indepth research that zodiac signs play an important part on the basic deficiency of certain salts in the body and which in turn, leads to certain problems-diseases as mentioned above, moreover certain salts are found to be supplementary. As such, a chart is given below of combinations of such basic salts (which are useful to all persons-children and adults of all age) and corresponding the zodiac signs with birth dates.

Combination of Biochemic Medicines :	Effective on zodiac signs of	Birthdates
1. Kali Phos Cal. Fl. Cal. Phos. Nat. Phos. Fer. Phos.	Aries Cancer Libra Capricorn	22-3 to 21-4 22-6 to 21-7 22-9 to 21-10 22-12 to 21-1
2. Nat. Sulph Cal. Sulph Mag. Phos Nat. Mur Kali Phos	Aquarius Taurus Leo Scorpio	22-4 to 21-5 22-7 to 21-8 22-10 to 21-11 22-1 to 21-2
3. KaliMuir Kali Sulph Silicia Fer. Phos Kali Phos	Pieces Gemini Virgo Sagitaris	22-2 to 21-3 22-5 to 21-6 22-8 to 21-9 22-11 to 21-12

TWELVE SALTS-BIOCHEMIE THRRAPY

Method :

make a combination of 6x 1oz
 make a combination of 12x 1oz
 make a combination of 200 1/2oz

Combination of 200 to be taken once a week.

Combination of 6x to be taken for 4 weeks.

Then no medicine for two weeks.

Then

combination of 200 to be taken once a week.

combination of 12x to be taken for 4 weeks.

After every one year repeat as above for 2 weeks with 6x, no medicine for a week and then 2 weeks with 12x and during all that time 200 once a week.

Dose	morning	afternoon	evening
Children under 5	2	2	2 pills
Children under 15	3	3	3 pills
for all over 15	4	4	4 pills

Now, if allopathic medicines are being given previously, in order to nullify its effects; give one dose of 4 pills Thuja 200.

This supplementation of basic salts can be done by all people of any age group.

Moreover these biochemical medicines can be put in glass bottle of desired colour for 3 to 5 hours to get faster relief.

In this way, if these bio-chemic medicines-basic salts are taken, along with regular treatment of Acupressure; the possibility of diseases will be reduced to a minimum.

CHAPTER 10**CHILD CARE**

Children are like the flowers of the Garden—that is this world, and we all would like them to blossom. Children are closer to God, and their divine laughter is always enchanting. It is no wonder that Mahatma Gandhi and Shri Jawaharlal Nehru saw God's image in children.

If we want to stop wars and unnecessary unpleasantness on this earth, we must all start taking care of children not only of their bodies but also of their minds—and make sure that when they grow up they have a healthy approach to life.

The care of children's health does not start after their birth. Even before the baby is conceived in the mother's womb, both the parents must take care to see that they themselves are in proper healthy condition of body and mind; so that the coming child does not inherit any disease of the body or mind.

Planning of Children :

This can be considered in three parts : (1) Before conception; (2) During conception; (3) After conception.

(1) (a) Parenthood should be properly planned and should not be a matter of accident. It has been found by the people of the west that oral contraceptives have harmful side effects and so are no longer advised.

(b) The couple must start the treatment under Acupressure therapy at least 3 months prior to conceiving, to ensure their proper health, creation of hormones and curing of any possible disease that they themselves might have.

(c) The couple should drink one glass each of Gold/Silver/Copper/Iron charged water (4 glasses reduced to 2 glasses) per day.

(d) The lady must have 3 to 7 regular menses before conceiving.

The total effect of the above would be to get a fully developed, healthy, child with the possibility of its having hereditary problems reduced to the minimum. Even those couples desiring children and not getting them would get their desire fulfilled if they take treatment, especially on both sides of the two wrists for 4 to 6 minutes—Pressure Points No. 11 to 15, daily along with the treatment mentioned above.

(2) How to get the child of the desired sex :

Please refer to page No. 102 & 103 about *Pranayam*. It is claimed by Ayurved that the following methods, if followed by the couple, will give them the child of the desired sex.

- (a) The day on which the menses is seen, is to be counted as the first day.
- (b) During the period of flow, the couple should avoid intercourse. For guaranteed results, intercourse is to be done only once in a month on any one of the dates mentioned below. Continue treatment till baby is conceived.
- (c) **For getting a Son :** On the even dates, i.e. 4th, 6th, 8th, 10th, 12th, or 14th day, the husband should lie with his wife on his left side for 15 minutes (so that he would be breathing with his right nostril) before intercourse.
- (d) **For getting a Daughter :** On the odd dates i.e. 5th, 7th, 9th, 11th, 13th or 15th day, the husband should lie with his wife on his right side for 15 minutes (so that he would be breathing with his left nostril) before intercourse.

It has also been advised by Ayurved that if the intercourse is made during the later dates (10th to 15th) there is better possibility of conceiving and the child to be born will be more healthy.

(3) (a) After the baby is conceived, the mother should take proper care about nourishment. Eat plenty of seasonal fruits. In order to get natural calcium, drink more milk and eat bananas; otherwise take daily 4 pills in morning and 4

pills in the evening of Cal.phos 12x + Cal. Fl. 12x (mixed together—Biochemic medicines) for calcium. If sufficient calcium is taken through out the pregnancy and proper diet is observed by the mother, the child to be born will not have any problem of teeth and bone development later on. According to research work done in China, it has been found out that if proper controlled diet is taken by the mother during pregnancy, the child will have less craving for sweet things like chocolates, biscuits, etc.

(b) The expectant mother should daily practise the acupressure therapy to ensure good health and freedom from disease and to reduce the possibility of miscarriage. Atleast give pressure treatment on two sides of the wrists to prevent miscarriage.

(c) The expectant mother should drink iron/copper/silver and gold charged water—two glasses reduced from four glasses. This will ensure growth of a healthy baby and reduce the possibility of the baby being blind and that of retardeness or muscular dystrophy etc. after its birth.

(d) The expectant mother should daily do some light exercises; at least walking 2 to 3 kilometres.

(e) The child starts learning from the mother's womb; the case of Abhimanyu and Shukdev are very famous. As such the expectant mother must try to be pleasant, read and listen to books on religion, art, music and culture, etc.

(f) The husband should also help the wife in all these activities and keep her happy during these vital days of pregnancy.

Care after the birth of a baby :

The birth of a healthy child solves many a problem. With proper nourishment and rest, the child will grow normally. Further, if acupressure treatment is given on the soles of the baby every day only for 3 to 4 minutes, good development will be ensured without there being any major problem of health.

We must not forget that the children are very close to Nature and the requirements for a good crop, viz., good

seed, enough manure, water and light are also essential for children's growth. They require proper nourishing diet, mother's loving care and play which includes sunshine and rest.

Mrs. 'L' reports that her three months old grandson had complaints of vomiting milk and retarded progress and often cried. With regular massage on the soles, the child is growing happily without giving any trouble.

Methods of treatment for children from the age of 1 day to 14 years :

(1) After the baby is born, it should be breast-fed at least for 9 to 12 months and during that time the mother should take care of her diet, take proper nourishing food and drink iron-copper-silver-gold charged water. If nothing else is possible, take hot meals twice a day. She should also practise Acupressure therapy to prevent any diseases and tension. If outside milk (preferably goat's or camel's only, otherwise cow's milk) is to be given, please add a little water (preferably iron/copper/ silver/gold charged).

(2) Between 7-9 months, at the time of teething, care should be taken to supplement the diet of the child with calcium. If it is not possible to give bananas and more milk, the child may be given Calcaria Phos + Cal. Fl 6x OR 12x—two pills of each twice a day.

(3) Proper attention should be paid to cleanliness and hygiene. Change the nappies, diapers, etc., every time the child urinates or passes stool and clean the parts with wet cloth. Wash the child's clothes daily and sterilise them at least once in 3 days by boiling them or by keeping them for some time in water containing antiseptics like Dettol and then washing them.

(4) **Sleep** : This is most vital to children of every age especially upto 12 months. If the child gets proper sleep along with (not over)proper nourishment, half the battle against disease is won.

(5) **Water** : Most of the infections come through water, so please be careful to give boiled water to the child. It is

necessary that schools should arrange to provide boiled water duly cooled and filtered for the children.

(6) Bath and Soap : Give the baby a bath with lukewarm water after an oil massage. Use soap most sparingly. Instead, paste made of cream of milk and gram flour should be used. Please note that by using soap in excess you are harming the tender skin of the baby. Moreover, the use of soap will not make the skin any fairer.

(7) Air and Sun : Just as in the growth of vegetation, air and sun play an important role in the development of the human body also. When the child completes 3 months, after an oil massage, put the child in the sun for at least 10/15 minutes after 90 minutes of sunrise. Please see that the child is taken out daily to get fresh air. After the baby learns to stand on its legs, let him/her play out of the house during the day for at least 45/60 minutes.

Food, rest and play are the most vital factors for the proper development of the body and the mind of the child.

(8) Sugar : In modern times, the use of sugar has increased greatly. Avoid it as far as possible, at least till the baby is 12 months old. Afterwards, please see that the use of raw sugar is avoided. If sugar is to be used, instead of white sugar, use crystal sugar or jaggery. Please see that it is added to milk or water at the time of boiling. Do not add sugar afterwards. This will help in preventing cold and cough.

(9) Cold drinks, ice-creams and chocolates : In spite of many warnings, parents and children will indulge in these foods. To counter the bad effects of these harmful foods, the best way is to give lukewarm water to the child at least 2/3 times a day and at least once, bitter powder like 'Sudarshan' which will prevent worms and maintain digestive power.

(10) The child's motion : Regular motion and clear urination are most vital. In the case of loose motion or unsatisfactory motions, the best course is to stop milk or /

food intake. And try to put the child on lukewarm water and juice of vegetables and fruits at least for a meal or two. That will automatically help the body to get over the troubles.

Please note that no child will die if kept hungry for half a day or even a day. Overfeeding disturbs the whole digestive system and leads to many diseases.

In boiling milk, put a few drops of lemon, water will get separated from paneer. If necessary, add a little sugar and lemon drops and give this separated water only to drink. The paneer can be used for preparing vegetables.

(11) **Treatment :** It is most vital and important that treatment of Acupressure therapy is given daily for 3 to 4 minutes on each palm and/or on the soles. This will definitely prevent the possibility of disease and ensure the progress of the children in Body, Mind and Character.

After the child has completed 5 years, 4 to 5 minutes treatment on each palm should be given daily and he/she should be taught to continue the same for life long.

While giving the treatment, the child will immediately cry if there is any pain due to pressure on any point. This gives a clue to the disease, which can be easily cured by this treatment.

If proper nourishment is given to children as per the table given below, along with proper care as mentioned earlier, most of the children will not suffer from any serious disease.

(12) Supplement the deficiency of birth salts as shown in chapter 9 of this book.

Diet for Child :

- 1 day to : Milk (breast-feeding) otherwise goat's,
3 months old camel's milk or cow's milk.
- 4 months to : Milk (breast-feeding) goat's, camel's or
9 months cow's milk plus seasonal fruit juice plus
mashed rice and banana.
- 10 months to : Goat's, camel's or cow's milk plus
15 months fruits-bananas are a must plus mashed
rice/khichdi and potatoes, chapatis/ whole
wheat bread, etc., when the child can
chew.
- 16 months to : Milk plus food containing protein like
15 years wheat, sprouted pulses like mung,-
Chinese green Peas, grams, etc., all types
of nuts plus seasonal fruits.

As the children are not able to tell about their problem, this therapy is most useful in immediate and proper diagnosis. Along with this treatment, Bio-chemic medicines can be added to get quick, amazing results.

Just for a petty symptom, do not get panicky. Take the treatment of Acupressure therapy, reduce the quantity of milk or food and give more of lukewarm water, fruit juice and fruits and within 48 hours the child will be normal, laughing to its heart's content.

CHAPTER 11**WOMEN'S PROBLEMS**

Woman is different from man as regards sex and temperament. Moreover, Nature has given her an additional responsibility of becoming a mother. She has to pay special attention not only to maintain good health but also to remain calm and in a happy mood. She also needs more education on childcare and household duties. She will be capable of handling all these responsibilities properly, if she is healthy. It would greatly benefit women to learn about Acupressure. Regular Acupressure treatment will help them to prevent nervous tension and breakdown, hysteria, timidness, frigidity, etc. It is advisable for them to take the treatment shown for nervous tension and on all the endocrine glands from an early age of 6-7 years onwards. This will also save them from the problems of menses and ensure healthy growth of their body and mind.

(1) Problems of Menses : In problems of menstruation, namely early, irregular or painful menstruation, scanty or excessive bleeding or backache, before, during or after menses, etc. treatment of Points No.11 to 15 and on all points of endocrine glands will show amazing results. Such treatment can be taken by massaging these points on the two sides of the wrists.

If this treatment is continued, menstruation will be regular within 2 to 3 months and all problems connected with it will be solved.

Dr. 'K' reports that Miss 'T' had the problem of scanty and painful menstruation while Mrs. 'Y' had excessive bleeding. In both cases treatment was given on Points No.11 to 15 and the patients were cured effectively. There were no complaints afterwards. A number of similar cases have been treated successfully by Acupressure therapy.

(2) Profuse Bleeding : In case of excessive bleeding, rubber bands may be applied on the base of both the big toes for 3/5 minutes and this may be repeated after 15/20 minutes, if necessary. Fig. 71.

(3) Leucorrhoea : For leucorrhoea also, treatment on Point no. 11 to 15 will be useful. It is also advisable to drink gold/silver/copper charged water 1-glass reduced from 2 glasses. Moreover, take the treatment of Anaemia as mentioned below. Also sit on a ball for 5 to 10 minutes twice a day as shown in fig. 80.

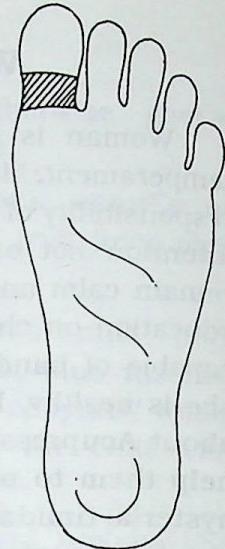


Fig. 71

Mrs. 'Y' was suffering from leucorrhoea for the past seven years and had tried many medicines without success. Only after 3 sittings of Acupressure treatment, 70% of her complaints had gone and within 20 days of this treatment she was free from the dreaded disease.

(4) Menopause : For ladies over 40 years, this problem can start especially in the case of those who are less active and rather more sentimental and care more for the family.

With regular treatment on all points especially No. 11 to 15 and all endocrine glands and treatment for nervous tension, this problem can be solved easily. Even the period of menses will be prolonged. There will be more interest and joy in married life and the diseases connected with this period will be easily overcome. After the age of 40, all the ladies should make this treatment their daily routine.

Further, treatment on these points will save women from timidness and frigidity. Before planning for children, it is essential for the couple to have this treatment for at least 3 to 4 months before conceiving the child in order to prevent any hereditary disease. For those couples not getting children, such treatment for 4 to 6

months, taken by both, greatly enhances the chances of conceiving.

(5) **Prevention of Miscarriage** : After the child is conceived, it is essential to take this treatment regularly to prevent miscarriage and to reduce the possibility of any diseases. It will also ensure proper growth of the child to be born.

(6) **Painless childbirth** : At the time of the first delivery, the mother is very much worried and is under great tension. This adds to the labour pains. Sometimes, it has been observed that owing to greater pain or delayed delivery, the child is vitally affected not only in body but also in mind. Even in the case of the use of forceps or caesarean operation, the child's body may get damaged and even the mother may be hurt. It is, therefore, essential that the delivery must be quick and painless.

At the time of childbirth, after the mother is admitted to the labour ward or when the labour pain starts, the following treatment will ensure painless delivery within 20/30 minutes.

Methods for painless childbirth : Roll the pulley vigorously on the back of the two arms (from nails to elbow) for 15/20 minutes. The pulley is in the form of.

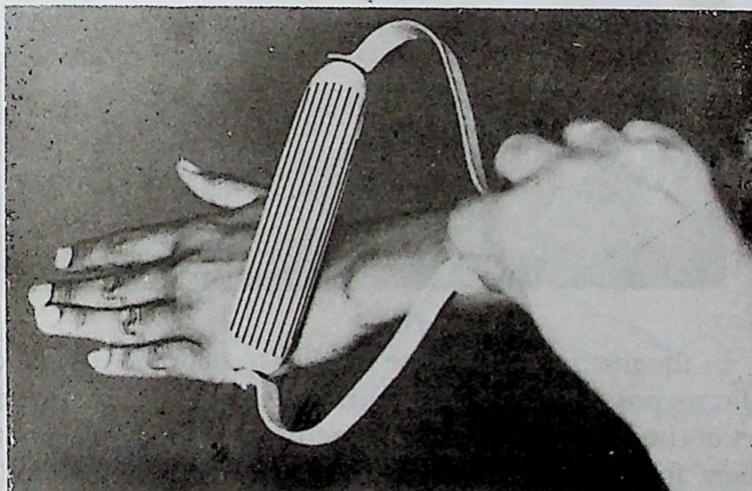


Fig. 72

a grooved wooden roller or plastic rollers. If such a pulley is not available, rolling can be done with grooved wooden rollers. Otherwise, the back of the two palms and the soles can be rubbed continuously from nails to wrists with two metal combs. Continue the rubbing for 5/8 minutes. There is no cause for worry even if the back of palms and soles becomes blood-red. If necessary, vaseline may be applied on the affected parts after the delivery. (see fig. 72)

Afterwards ask the expectant mother to hold these combs between the tips of her fingers and the upper part of the palms joining the fingers as shown in the Fig. No. 73 and ask her to give a steady pressure on the comb with her fingers and thumbs for two minutes and leave it for 2 minutes and continue this. If other things are normal, the child will be born within 20 to 30 minutes and afterwards the mother will not feel exhausted.

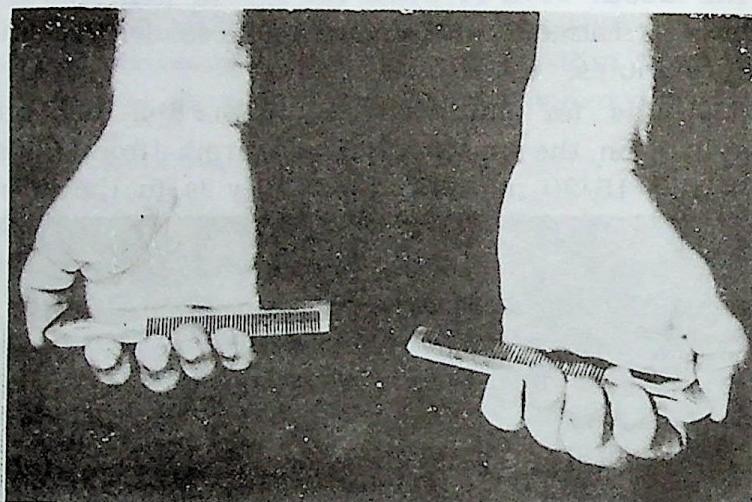


Fig. 73

In the meantime, ask the mother to take the tongue out as far as possible and give continuous pressure on the back part of the tongue (beyond the teeth) with the handle of the spoon, for 1 minute. Repeat the same with an interval of 3 minutes. This would result in instant painless childbirth. See fig. 74.

A lady social worker of Bombay informs that the daughter of her relative took this type of treatment and within 25 minutes delivered a baby without pain.



Fig. 74

(7) **Difficult Labour** : Press hard on inner side above the ankle as shown in the figure for 2 minutes and then pause and press again this way, till the child is born.

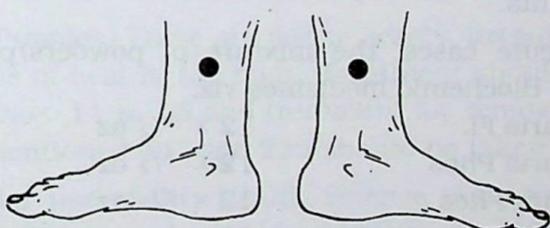


Fig. 75

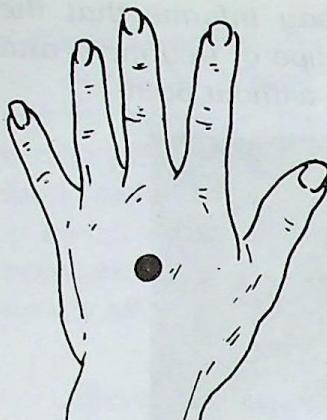


Fig. 76

(8) Pain in Breasts : After the birth of the child, if owing to any reason it (the child) is not fed on breast milk, there could be accumulation of milk causing very severe pain in the breasts of the mother. For curing this within a short time, treatment for 4 to 5 minutes is to be given on the middle portion of the back of both the palms as shown here. Repeat this if necessary. The result is astounding. See fig. 76.

(9) Obesity after Delivery : After the delivery of the baby or operation for sterilization, there is a great possibility of the lady putting on fat (obesity) because sex glands are disturbed. Treatment on Point No.11 to 15 and on all points corresponding to the endocrine glands is to be taken. Such a treatment taken regularly ensures maintaining good physique, cheerful nature, proper production of milk for the baby and the mental calmness needed to face the added responsibility.

(10) Anaemia : This is very common in ladies. Treatment on Point No.37 together with supplementing the diet by green juice and health drink at least twice a day will show good results.

In acute cases, the mixture of powders/pills of the following Biochemic medicines viz.

Calcaria Fl.	12 x 1/2 oz
Calcaria Phos	12 x 1/2 oz
Ferrum Phos	12 x 1/2 oz
Kali Phos	12 x 1/2 oz
Natrum Mur	12 x 1/2 oz

is to be made and 1/2 gram OR 3 pills of this mixture to be taken 3 times a day-for 30 to 60 days.

(11) **Falling of hair** : This is a great problem especially with women. In such cases they should rub the nails of eight fingers against each other for 10 to 15 minutes daily. See fig. 77. For better results, it is advised that rubbing of nails may be done five minutes in the morning and five



Fig. 77 : Picture showing rubbing of nails of eight fingers

minutes before retiring. Moreover, give treatment on points 8, 11, to 15 and treatment to remove excess heat from the body may also be taken.

(12) **Delaying Grey Hair** : As soon as the first grey hair is seen, start rubbing of the nails as mentioned above. The hair will remain black for a longer period.

(13) **Pimples** : These are due to scanty, irregular menses and excess of heat in the body. Treatment should be given on Point Nos. 11 to 15 and treatment for removing excess heat as mentioned on page 225 should be taken.

Regular use of this Health Science (Acupressure) will help the ladies to maintain good physique, achieve mental happiness, prolong their interest in sex, curtail their expenses on medicine and unnecessary beauty care, make their life happy and make their home a Sweet Home.

CHAPTER 12**MEN'S PROBLEMS**

The problems of men usually result from an unbalanced development due to the disturbances in the sex glands. These are noticed at the time of puberty. Every child must therefore be given proper knowledge about sex, so that at the time of growth—that is from the age of 10 to 21 he can understand the changes occurring in his body and control them. Here, Acupressure, can play a helpful role. If a child is given this treatment from the early age of 6 to 7 years onwards, all the problems of puberty, self-abuse, delinquency and the resultant physical and mental disturbances can be avoided. It is, therefore, most vital to teach Acupressure therapy to the growing children.

However, there are many growing youths suffering silently from these problems and too shy or nervous to take treatment openly. They can solve their problems and gain self-confidence simply by taking this treatment especially on Point Nos. 11 to 15 and all the points of endocrine glands. Even in the case of those youths who are normal, this treatment will prevent them from going astray. It should be remembered that semen is not meant for wasting.

After the age of 17/18, if semen is discharged in dreams once in a while, there is no need to worry. However it requires proper treatment, just as raw clay pots are put into a furnace and treated with heat; if semen is preserved properly till the age of 24 or more till marriage, sex problems after marriage could be avoided. Further, this properly cultured semen will be the basis of good virile health. Also, it is the basis for spiritual development.

The same treatment is useful and effective in all the problems relating to less sexual desire, less satisfaction, etc. In short, this treatment is useful wherever hormone treatment is necessary. (Point Nos. 11 to 15)

Less Desire or Satisfaction or Impotency :

Over and above the treatment on Point Nos. 11 to 15,

treatment may be taken on the points shown in the figures given below.

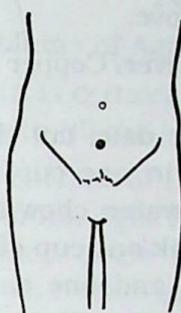


Fig. 78

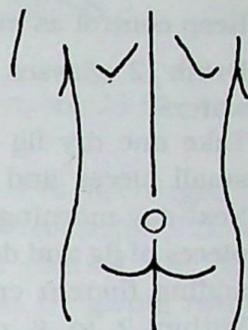


Fig. 79

Moreover, after the age of 45–50, this treatment on Points 11 to 15 is useful in maintaining the heat of the body, controlling the prostate gland and thereby preventing hernia, old-age weakness and insomnia and overcoming all the problems of male climacteric (known as menopause for men).

People on the spiritual path, if disturbed by erotic dreams and discharge, can successfully try this treatment on Point Nos. 11 to 15 and control shown below.

Control : Take a rubber ball of about 2" diameter—like a tennis ball. Place it under the seat between anus and testicles when loose clothes are worn. Sit on the ball for 5 to 10 minutes twice a day. This method can be tried by woman also and is very effective in leucorrhea. See fig. 80.

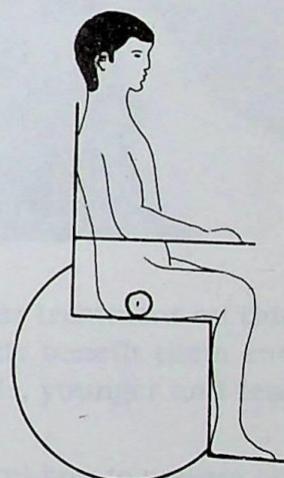


fig. 80

How to increase Spermatoza in Semen :

1. Abstain from Sex.
2. Keep control as mentioned above.
3. Drink 2 glasses of Gold/Silver/Copper charged water.
4. Take one dry fig and one dry date; cut them into small pieces and soak them in one cup of water. Next day morning drink this water; chew the small pieces of fig and date. And drink one cup of hot milk adding therein crystal sugar and one cardamom. Within 2 to 6 months sperms will increase to normal level.

Fertility : In about 75% of the cases, where the couple do not have a child, even after 3 to 15 years of marriage, it is found that the problem is with the husband. The above mentioned treatment is found useful and can be taken by both. This treatment surely increases the sperm count, corrects hormonal imbalance and increases the possibility of getting a child. In all such cases, it is advisable to take treatment to remove excess heat from the body. (shown under useful hints.)

CHAPTER 13**HOW TO PREVENT OLD AGE AND MAINTAIN YOUTHFULNESS****Problems of Aging :**

Death is certain. But everybody would like to maintain good health till the last breath.

The current of Life (*Chetana*) is discharged from the body from the right hand. The control point of this current is one inch circle on the front part of the right hand between the wrist and the elbow. By giving two minutes treatment i.e. intermittent pressure on this point, the excess discharge of *Chetana* is controlled. This will enable all to maintain youthfulness for a longer period and delay old age. This treatment is a MUST for all men and women after the age of 40.

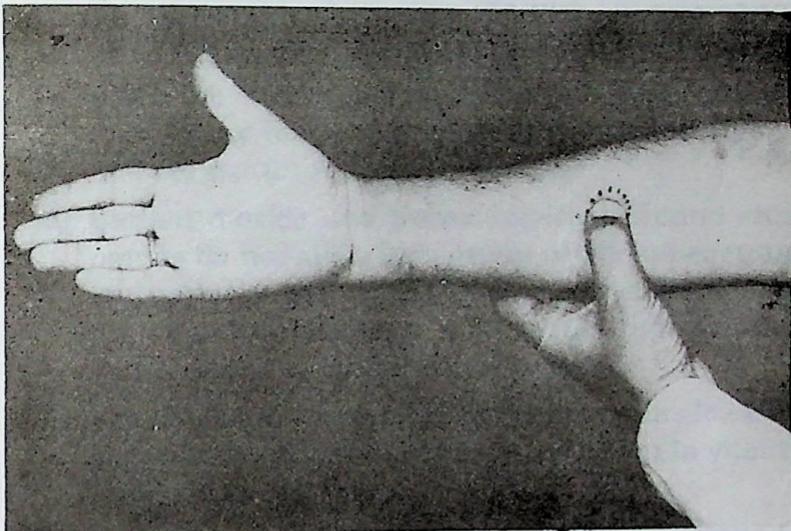


Fig. 81

It is interesting to note that regular treatment on this point even by aged people will greatly benefit them and they will start feeling more energetic, younger and less tired.

Planning : Now, that you have learnt how to prevent old age and remain youthful, it is almost necessary to have

proper plans for the retirement. Activities of your choice must be increased, develop new hobbies common to both or complimentary to each other. Start taking interest in reading, writing and fine arts, music, painting, gardening etc. Moreover move around a lot and see the world and meet people. You will feel oneness with them.

The most important is that, upto now, your activities were centred around you; start taking interest in others' welfare and find new avenues of great joy. Reduce your expectations and try to fulfill others' expectations.

Food : Try to reduce it as much as possible. Increase in take of green juices, fruit juices, green salads, fruits, yoghurt, etc. which are easily digestible and which will give you enough energy. Very soon you will be near Nature and every morning will bring you new joys and new meanings of life. And you will feel young, singing merrily like a bird and will feel confident, of scoring a century.

CHAPTER 14**TREATMENT OF COMMON DISEASES**

The Cycle of Diseases : You may kindly note that no disease or illness develops overnight. Most of the diseases and illnesses are caused by the breach of the laws of Nature, ignoring her signals, wrong habits of eating and drinking, bad habits of smoking and drinking, excess working of organs and the neglect of fundamental rules of hygiene. The illness starts in the body in the following manner :

- (1) There is less urination and so, more toxins accumulate in our body.
- (2) The fire in the stomach becomes weak. You get less appetite, so food is not digested properly resulting in constipation or loose motions.
- (3) Owing to the above two reasons, blood is not produced in adequate quantity and it gets impure.
- (4) When the blood is not oxygenated properly, carbon dioxide and toxins are not cleared from the organs and are not thrown out of our body.
- (5) Carbon dioxide and toxins collected around vital organs do not allow the current of life to penetrate and recharge the organs. That is why malfunctioning or disease develops around that organ and it starts reflecting on the palms or soles.
- (6) Accumulation of carbon dioxide and toxins leads to slow functioning of the organs, reduction in vitality and increase in fatigue.
- (7) In short, our body gets weak and becomes prone to germs or diseases.
- (8) If a disease is prolonged, it affects the endocrine glands and the first endocrine gland to be disturbed is Thyroid/Parathyroid gland. As these glands are interrelated, the damage to one gland leads to the malfunctioning of the other glands

also. That is why in the case of prolonged illness, you find pain on the points related to more than one endocrine glands.

Nature wants our body to throw out the toxins, foreign matters or disease-causing germs. Acupressure helps our body in that work. When you press the points, a powerful current is sent to the corresponding part of our body thereby trying to clear the carbon dioxide and toxins collected around the organ and make the organ function effectively. These toxins go to the kidneys and so after giving treatment on other points, it is necessary to give treatment on Point No. 26 pertaining to kidneys.

Language of Our Body : Before starting the treatment, we must also know the language of our body, that is, the meaning of the signals it gives.

- (1) We are well aware of the signals for thirst, hunger, urination and motion.
- (2) The body also gives us a signal in the form of belching when the stomach is full. We get the first call, it is followed by a second call and a third call.
- (3) Ache or pain in any particular part shows congestion of carbon dioxide, water, air, etc.
- (4) The running nose and sneezing mean that the body is trying to throw out excess water.
- (5) Coughing indicates that
 - (a) the body is feeling cold and that
 - (b) it is trying to clear congestion in the throat and the chest.
- (6) Itching shows that a greater flow of blood is required around that part.
- (7) Fever indicates the battle in our body i.e. white blood cells are having a fight with the germs of a disease.
- (8) Twisting of the body indicates that it is tired and requires rest and oxygen.

- (9) Loss of appetite indicates that there is congestion and constipation and that the stomach and other digestive organs are busy in removing the congestion or the constipation or the body is busy in fighting the disease. In such a case only lukewarm water and fruit juices or buttermilk should be taken instead of further taxing the stomach with food.
- (10) Pain or murmur in the heart indicates that the heart requires total rest. The best way is to remain in bed for 24 to 72 hours and take treatment on all the Points including Nos. 1 to 5 and 36.

We should understand these signals of our body and try to help our body to get rid of the disease and never try to stop these signals suddenly e.g. sudden stoppage of fever has many times resulted in some other disease—even in paralysis.

How to recharge the inner battery: In order to get faster relief and break the vicious cycle of diseases as mentioned above, it is advisable to do the following to recharge the inner battery.

- (1) Perform Pranayam.
- (2) Drink lukewarm water, preferably copper/silver/gold charged and Health Drink.
- (3) Skip a meal or two, reduce the food intake and take fruits, vegetables juices and buttermilk, thereby allowing rest to the digestive system.
- (4) The battery of our body is recharged during sleep. So it is most important to have good sleep whenever you feel tired or when there is pain on more than 2 to 3 points on the palms or soles.

The above four things help to recharge our unchangeable battery. **This battery is capable of curing almost all the diseases.** And that is why it is most important to recharge this inner battery.

Before treating any disease the root cause must be found and removed :

- (1) First, check up whether the Solar Plexus is in order or not. If it is not in order, please get it in order. (Refer to pages 64, 65 & 66).
- (2) Secondly, see that the nervous system passing through the spinal cord is in order. This can be checked as under :

Lie down on the stomach. Keep the arms straight on sides. In the lower lumbar, you will observe two shallow round depressions on both sides of the spine as shown in the fig. If this is the case, the problem in the body is not due to the nervous system connected with the spinal cord. If you find such depression only on the right side, then the problem is on the left side and connected with the spinal cord. Similarly, if the depression is on the left side, there is some problem with the right side, connected with the spinal cord. The sciatic nerve, about a quarter inch thick which starts from the brain goes all the way down to the lower lumbar and then is divided into two. It then reaches the heels and the toes. The whole nervous system is connected with this sciatic nerve which gets the protection of the spinal vertebrae. Now if, for any reason, there is pressure on any part of this sciatic nerve, the nervous system connected with that part is impaired and results in some problem or another. See fig. 20 & 22.

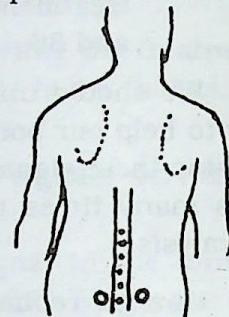


Fig. 82

So, if you find that any of these two shallow depressions are not seen, check up the spinal cord. Run two fingers from the first cord of the vertebra and go on till the last. If you observe that some vertebra is lower, that is the root cause of the trouble. e.g. if No. 4 vertebra is found lower, it can cause stammering. If No. 6 to 9 are not in order, it can cause pain in chest which sometimes is taken as heart attack. To put the vertebra in the proper position, rub it

upwards by pressing from both the sides of the spinal cord as shown in the figure 83.

Secondly, give treatment on the point of the sciatic nerve shown in Figs. 42 (a) and (b) of the feet. Thirdly, karate chops around those points on spinal cord for 3 to 5 minutes will help to bring that vertebra in position.

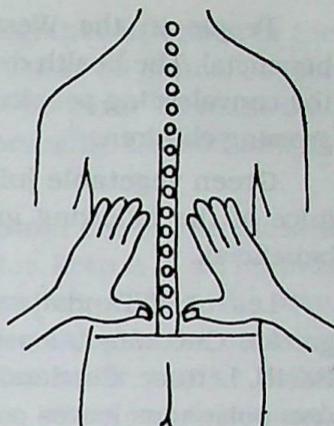


Fig. 83

There are thousands of names of diseases but all of them are connected with the malfunctioning of the organs and endocrine glands shown in Figs. 39 and 40. (see pages 56 to 59). Sometimes the root cause may be found in more than one organ e.g. in the case of bronchitis and asthma, treatment is necessary on Points 1 to 7, 34 and 30 because the root causes of these diseases are cold and weakness of the lungs. With a little experience, you will be able to find out the points where it pains. And so after recharging all the organs by pressing each palm or sole for five minutes daily treatment is to be given only on those points where it pains.

Health Drink : In 300 grams of Amla powder, add 100 grams of dried ginger powder. Mix them. Take one tea-spoonful of this powder along with water—in the morning and evening.

Otherwise, in 4 glasses of water add 2 tea-spoonfuls of the above powder of Amla and dried ginger (use fresh Amla and ginger if available.) and boil it and reduce it to 3 glasses. Filter the water and drink it during the day. If desired, honey can be added to it.

Amla is a concentrated vitamin 'C'. It has 16 times more vitamin 'C' than the lemon has. Such a drink will give protection to the body against cold and increase digestive power.

People in the West take apple cider which is also beneficial. The health drink is beneficial to all, especially to the convalescing people, old people, expectant mothers and growing children.

Green vegetable juice : 25 grams mixture of the fresh juice of the following green leaves and vegetables is also beneficial.

Leaves of Tandaljo or Spinach, leaves of Methi (Fenugreek), Cucumber, leaves of Phudina (Mint), Tulsi (Holy Basil), Lettuce, Corriander and Cabbage leaves. All types of non poisonous leaves can be used.

Copper/Silver/Gold and Iron charged water : It has been found that the following minerals are useful for treating diseases connected with the organs as shown below :

- (1) **Copper :** Useful for all diseases and problems connected with the nervous system e.g. High B.P., Arthritis, Polio, Tension and Leprosy.
- (2) **Silver :** Useful for diseases of the organs connected with Digestive System and the Urinary System.
- (3) **Gold :** Useful for disorders of the breathing system, Lungs, Heart, Brain and as a general tonic.

The charged water can be prepared as shown below :

- (a) **Copper charged water :** Put 60 grammes of pure copper plate/ingots/wire or 6 to 8 copper coins in 4 glasses of water and boil it.
- (b) **Silver charged water :** Put 30 to 60 grammes of silver—pure bullion or pure coins (.999 purity) in 4 glasses of water and boil it.
- (c) **Gold charged water :** 15 to 30 grammes of gold—pure bullion gold coin or ornaments (chain or bangles) of 22 carat gold in 4 glasses of water and boil it.
- (d) **Iron charged water :** (In case of deficiency of iron in blood, anaemia or during pregnancy) Put 60 grammes of unrustred piece of iron (nails etc.) in 4 glasses of water and boil it.

All these metals can be put together in water, in the proportion of Gold 15 to 20 grams/Silver 30 grams/Copper 60 grams/Iron 60 grams. It should be borne in mind that all metals put in the water are thoroughly cleaned and do not contain any dust or rust.

Boil away 25% of water i.e. retain 3 out of four glasses of water after boiling. Filter this water, keep it in a Thermos if possible and drink it lukewarm/hot during the day. Drinking of 1 glass of such water first thing in the morning is very beneficial. In acute cases, this water may be boiled down to 1 glass or even half a glass. When you drink such concentrated water, avoid sour things like lemon, sour buttermilk etc.

The charged water is found useful for good health. But it is a must for the treatment of any problems connected with the improper flow of the current of bio-electricity i.e. high B.P., polio, rheumatism, arthritis, paralysis, chronic diseases including cancer, etc. The use of concentrated gold charged water has given wonderful results in case of mental retardation, muscular dystrophy, T.B., heart attack, etc., and is a good brain tonic too.

Treatment for Some Common Diseases :

Common Cold, Cough, Flu, Fever, Tonsils, etc. : The above mentioned common diseases are the biggest enemy of mankind. They are responsible for the highest loss of working hours. Though they are not deadly they make you most miserable. The common cold causes headache, coughing, sinus, tonsilitis, fever, bronchitis and when neglected may result even in deadly pneumonia. We must properly understand our body and ascertain the root cause of this common cold.

As mentioned earlier, our body consists of about 72% of water. Heat and cold have the same effect on the water inside our body as on the water outside. Our body also has an airconditioner as well as a heater. In summer or in winter, it maintains the temperature of 98.6°F (36.9°C). The water in our body gets heated during the day due to activity

and due to outside temperature, while during night, it cools down, creating moisture in the lungs or head. In Nature, it is thrown out in the form of dew. In the case of our body, it is thrown out by sneezing or watering of the nose. Therefore, sneezing in the morning is considered to be a sign of good health.

During the year the body tries to throw out excess water twice through sneezing and running nose, which is known as common cold. The phenomenon lasts for 3 to 5 days each time. One need not worry about such cold or try to stop it. It is jokingly remarked that in common colds if you take medicine, you will be all right within 6 days but if you do not take medicine you will be all right within 4 days.

Further, the water in the blood and the body is controlled by heat. The heat of the body depends upon one's digestive power. So whenever the digestive system weakens the internal temperature goes down. This reduces the evaporation of water and gathering of excess water in the body. In turn this excess water reduces the heat, resulting in congestion in lungs, chest and throat. Whenever this water gets congested in the head, it brings headache. This cycle leads to tonsilitis, sinus trouble, bronchitis and fever. The excess of water is aggravated by cold drinks, heavy foods, sour things like curd, buttermilk, lemon and by exposing the body to cold winds or coldness through air-conditioning. All these add to the prolongation and aggravation of the disease.

Effect of Moon on Body : The Moon is the Satellite of the earth, and being very near to the earth, it has great effect on the water on the earth. The obvious proof of this is that the time of tide and ebb changes daily alongwith the moon day.

From the figure (Fig. 84) about rotation of the Moon around the earth, you will observe that on the 4th, 5th, 8th, 11th, 14th, and 15th, 19th, 23rd, 26th and 29/30th of moon-days, the earth and our body come

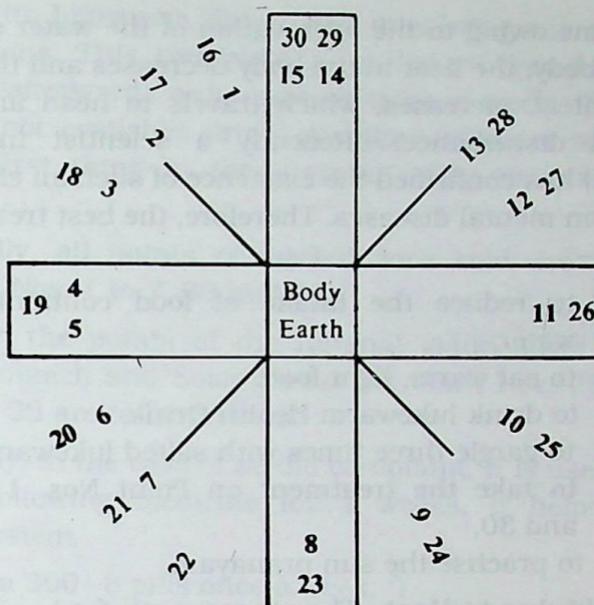


Fig. 84 : Rotation of the Moon round the Earth

directly against the Moon. At that time the water level in the sea and in our body rises. And so, on these moon days, in the Indian religions, particularly, in Jainism, people are advised –

- (a) to observe complete fast, (not to drink even water, if possible) or
- (b) to eat only once, or
- (c) to eat only twice, or
- (d) at least to avoid eating green vegetables (as they contain about 90% water) and thus control the water in the body, thereby reducing the chances of cold.

People suffering from chronic colds or sinus trouble or having allergy to cold should try to carry out as many of the above restrictions as possible. Moreover, these restrictions can be observed on a national scale in countries like U.K. and Japan where cold is quite common throughout the year.

It will also be observed that on the full moon day or the no moon day, the effect of the Moon is most powerful. At

that time owing to the aggravation of the water substance in the body, the heat in the body decreases and thereby the air content increases, which travels to head and causes mental disturbances. Recently a scientist in Chicago (U.S.A.) has confirmed the existence of such an effect of the moon on mental diseases. Therefore, the best treatment for cold is –

- (a) to reduce the intake of food containing much water,
- (b) to eat warm, light food,
- (c) to drink lukewarm Health Drink,
- (d) to gargle three times with salted lukewarm water,
- (e) to take the treatment on Point Nos. 1 to 7, 34 and 30,
- (f) to practise the sun pranayam.

Cold due to Heat : The other reason for headache and cold is sluggish liver, consequently due to less biles, the food is not turned into alkali and so the acidity in the stomach and intestine which is called 'Pitta' (पित्त) increases. That leads to the warming of air in the stomach. This heated air occupies the empty spaces in the head and the face. Now during the day, whenever this heated air is cooled, due to the cold wind, the running of fan over the head or sitting in an air conditioned place, it gathers moisture and becomes water. This cooled water contracts the nerves, leading to headache and sinus trouble. When the gathered cold starts coming down, it irritates the throat and the nose and leads to tonsils and causes sneezing and running of water through the nose. In such a cold, the chest is clear. Now, in such cases of cold, any pain reliever upsets the stomach and in the long run leads to ulcer and hyper-acidity. It is observed that this type of cold is aggravated in summer and autumn. At such time, when pressed there is a pain on Point No.28 of Adrenal gland.

The best way to remove this excess of heat from the system is to take Harde powder (हर्दि की चूर्ण) (powder of Terminalia, Chebula Retz). In 2 to 3 grams of this powder add 1 gram of sugar, take this as first thing in the

morning with lukewarm water. This may bring one or two loose motions. This treatment is to be continued for a week, and afterwards only once or twice a week. If such powder is not available, drink one glass of water or fruit juice the first thing in the morning after cleaning the mouth.

Secondly, all points connected with cold are to be pressed i.e. Nos. 1 to 7, 30 and 34.

Thirdly, the points of the Adrenal gland, Liver, Gall bladder, Stomach and Solar Plexus i.e. Point Nos. 28, 23, 22, 27 and 29 are to be pressed.

Fourthly, in the case of an old complaint, it is useful to take the following medicine for 4 weeks. It helps the digestive system.

Nux Vomica 200—8 pills once a week.
 Nux Vomica 12 or 30—6 to 8 pills
 twice daily. } (Homeopathic
 medicine)

It is claimed by Indian Ayurvedic Science that Harde powder is not habit-forming and can be safely given to small children duly mixed with honey. This can solve many a problem connected with constipation. Moreover, it is claimed that if Harde powder is taken regularly for 45 to 60 days the first thing in the morning and drink lukewarm water throughout the day, it helps a lot in reducing the fat in the body. During such a course, light food is to be taken only twice a day, after having at least two loose motions.

Fifthly, take out excess heat from the body by any of the methods shown at the end of this book, under 'useful hints.'

COMMON COMPLAINTS

Acupressure treatment for some of the common ailments is given below. If necessary, the treatment may be supplemented by Ayurvedic or other treatment also mentioned therein.

(1) Cold and Cough : This is very common complaint

occurring either due to a change in the weather or owing to indigestion, overfeeding and consuming of raw sugar. Treat on all points twice daily plus Point No. 1 to 7, 30 and 34, and in the case of children, Point No. 38 also. Please give the child only lukewarm water to drink and give the treatment for constipation.

(2) **Blocked Nose :** In case of cold and sinus, many times the nose gets blocked. Take treatment for 2 to 5 minutes on the point of forehead and on the point on both the sides of the nose for immediate relief. (See the figure)

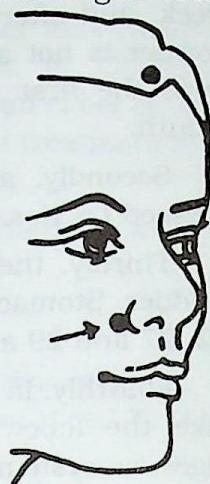


Fig. 85

(3) **Bronchitis, Pneumonia, Flu and Fever :** When there is acute congestion in the chest or throat, Nature brings fever, even Bronchitis and Pneumonia. Take the same treatment as in (1) above. In case the fever is due to Malaria, Point No.37 should be pressed. And take only lukewarm water boiled with black pepper and salt.

For any type of fever (except Typhoid), the following treatment has been found to be effective :

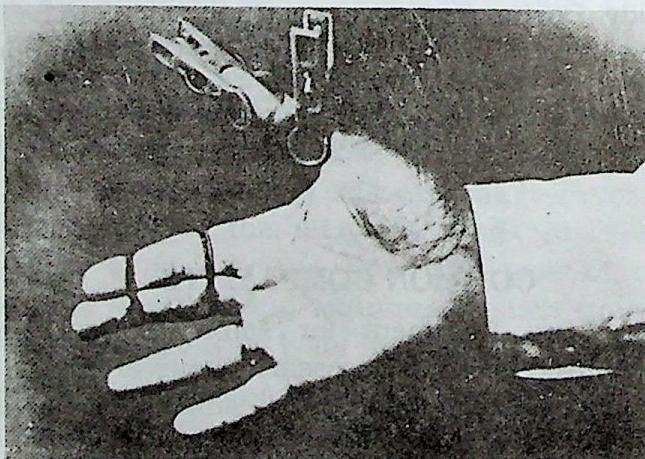


Fig. 86

Put clothes-pin and rubber bands on Point Nos. 1 to 7 and 34 as shown in Fig. 86 and keep these for 5 to 10 minutes. Remove for 15 minutes. Then continue the same treatment till the fever comes down. In most of the cases, the fever comes down within 15 to 30 minutes.

(4) **Whooping Cough** : Press Point Nos. 1 to 7, 30, 34 and 38. Give boiled, lukewarm water added with ginger, turmeric powder and salt. Give pressure on the first knot of the middle finger of both hands. (See the figure)

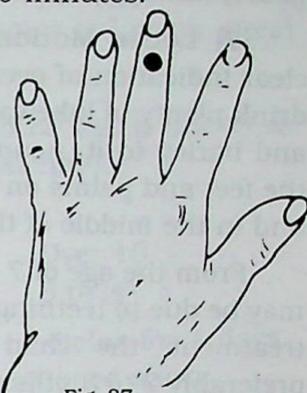


Fig. 87

(5) **Sinus** : Apply pressure on tips of fingers and toes, and also take the treatment mentioned in (1) above.

Mr. 'G' had chronic sinus trouble. Even an operation couldn't cure him. During the night, he had to keep his mouth open in order to breathe. He started this treatment and on the fourth night, he slept with his mouth closed. And within a fortnight his complaint was totally gone.

(6) **Tonsilitis** : Press Point Nos. 1 to 7 and 34. Please see that the mouth and throat are cleaned. Gargling of lukewarm water with a little salt added to it three times a day is also advised. Tonsilitis shows that the heat of stomach is reduced and so lukewarm water and light food are to be taken. In cases of swollen tonsils, apply turmeric powder on the tonsils, then gargle with lukewarm water with a little salt added to it and then apply Glycerine Tanic Acid inside the throat. There is no necessity to get the tonsils removed. Get rid of constipation. Whenever possible, drink lukewarm water and take Acupressure treatment.

Mr. 'B' reports that he had been suffering from tonsilitis, cold and cough since he was quite young. He

did not Agamnigam Digital Preservation Foundation, Chandigarh take injections when he got fever every 30 to 40 days. Since he started this acupressure treatment, his complaints have disappeared and now, even after 10 years, he enjoys good health.

(7) **Loose Motion, Diarrhoea, Dysentery** : This is a clear indication of overeating and indigestion. Reduce diet, drink plenty of lukewarm water adding some ginger, lemon and barley to it. Acupressure treatment is to be given on the feet and palms on Point Nos. 19, 20, 23, 25, 27 and 38 and in the middle of the chin for constipation.

From the age of 7 months to 18 months, loose motions may be due to teething. If not cured by the above mentioned treatment, the child may be given more of calcium, preferably 2 to 3 pills of Calcarea Phos 12 X - 3 times a day. For patients exposed to heat, loose motions can be due to excessive heat. In such a case, over and above the points mentioned above, treatment may be given on all the tips of fingers and toes and Point Nos. 1 to 4.

(8) **Diarrhoea and Cholera** : Over and above the treatment mentioned above for severe problems, for a mild attack take treatment for 3-4 minutes twice a day on the point below the knee-cap as shown in the figure.



Fig. 88

(9) **Intestinal Worms** : When pressed on the point on the outer side in the middle of the smallest toe/last finger,

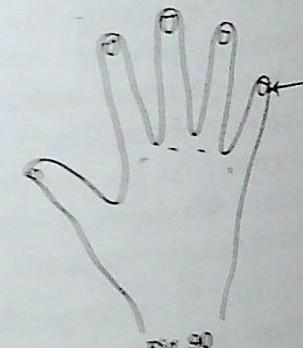
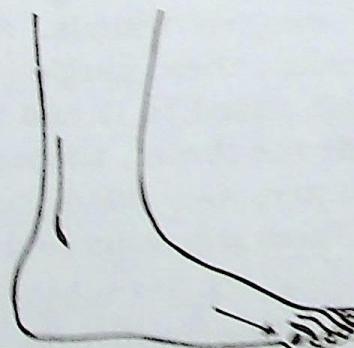


Fig. 90

if pain is observed, it is an indication of worms. This is a common problem with children. Wherever children complain of pain around stomach-their hunger has reduced and growth has stopped, then first of all try and find out about worms. In case of worms, the children even get ear infection and in such cases point of Lymph gland no.16 will be found paining.

In such cases, the worms have to be taken out. Give patients Cina 200 (A Homeopathic medicine).

For children

Under 6	Under 10	Over 10
4 pills	6 pills	8 pills

Once a day for 4 days. Then stop medicine for 4 days. After 4 days repeat the medicine as mentioned above.

On 13th days, give some powerful laxative. And afterwards give Cina 12-3 pills for 30 days. If allopathic medicine is taken for worms then supplement it with medicine for liver-because such medicine for worms damages liver. Also give treatment on point no. 23 of Liver.

Also give treatment for 3 minutes twice a day on points of both the small fingers or small toes, as shown in fig. 89 & 90.

In case of ear infection give treatment for the same as shown later on. The same treatment for worms, has been found useful in an Athlete's feet i.e. fungal infection of skin.

(10) **Jaundice and Liver troubles :** For jaundice and other liver troubles, press Point Nos. 19, 20, 22, 23, 25, 27, 28 and 38. Stop taking oily and heavy food. Remove cream from milk before drinking it. Eat grams, chew sugarcane or drink its juice, eat dates and have buttermilk and curd. Also remove excess heat from the body as mentioned under "useful hints".

did not get the tonsils removed by operation but he had to take injections when he got fever every 30 to 40 days. Since he started this acupressure treatment, his complaints have disappeared and now, even after 10 years, he enjoys good health.

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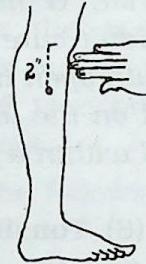


Fig. 88

(9) **Intestinal Worms :** When pressed on the point on the outer side in the middle of the smallest toe/last finger,

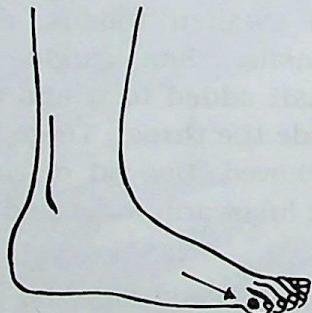


Fig. 89

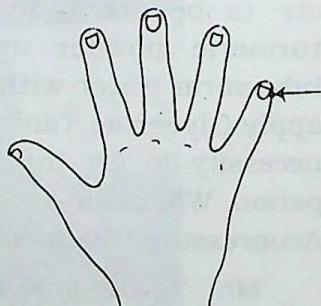


Fig. 90

if pain is observed, it is an indication of worms. This is a common problem with children. Wherever children complain of pain around stomach-their hunger has reduced and growth has stopped, then first of all try and find out about worms. In case of worms, the children even get ear infection and in such cases point of Lymph gland no.16 will be found paining.

In such cases, the worms have to be taken off. Give patients Cina 200 (A Homeopathic medicine).

For children

Under 6	Under 10	Over 10
4 pills	6 pills	8 pills

Once a day for 4 days. Then stop medicine for 4 days. After 4 days repeat the medicine as mentioned above.

On 13th days, give some powerful laxative. And afterwards give Cina 12-3 pills for 30 days. If allopathic medicine is taken for worms then supplement it with medicine for liver-because such medicine for worms damages liver. Also give treatment on point no. 23 of Liver.

Also give treatment for 3 minutes twice a day on points of both the small fingers or small toes, as shown in fig. 89 & 90.

In case of ear infection give treatment for the same as shown later on. The same treatment for worms, has been found useful in an Athlete's feet i.e. fungal infection of skin.

(10) **Jaundice and Liver troubles :** For jaundice and other liver troubles, press Point Nos. 19, 20, 22, 23, 25, 27, 28 and 38. Stop taking oily and heavy food. Remove cream from milk before drinking it. Eat grams, chew sugarcane or drink its juice, eat dates and have buttermilk and curd. Also remove excess heat from the body as mentioned under "useful hints".

(11) Hyper-Acidity : Sometimes you wake up with an unpleasant taste in the mouth, heaviness in the head, a burning sensation in the stomach and a feeling of nausea and vomiting. These signs indicating hypertension/Liverishness. In such cases, take treatment on the point on the outer side of the leg, one inch above the ankle, as shown in the figure for 3 to 5 minutes.

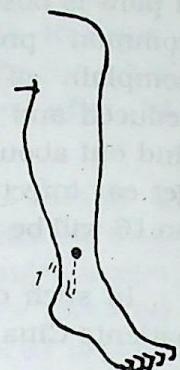


Fig. 91

(12) Epilepsy/Fits : Treat all the points and all the points of endocrine glands, viz., points 1 to 4, 8, 14, 15, 25, 28 and 38.



Fig. 92

(13) Convulsion : In the case of children having convulsions press gently on both the ear lobes as shown in Fig. 92. Within half a minute, the child will become normal. This is an immediate treatment. Try to find out root cause—it may be due to damage to Pituitary/Pineal gland or even to brain. In such cases treatment on all the endocrine glands plus gold/silver/copper charged water 1 glass reduced from 4 glasses is necessary.

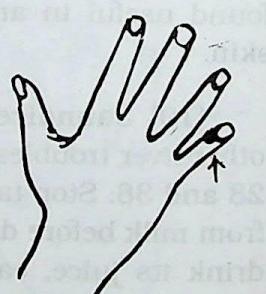


Fig. 93

(14) Fainting : Repeated attacks of fainting can be due to serious problems as mentioned above—try to find out the root cause and give the treatment accordingly.

(15) Teething : Press on all points especially on point no. 8. Also give the baby 4 pills 3 times a day from the following mixture :

Calc. Phos — 12 × }
 Calc. Flour — 12 × }
 Fer. Phos — 12 × } $\frac{1}{2}$ oz each
 Kali. Phos — 12 × }
 Mix them.

(16) Crying of Children :

In case a child cries due to fear, irritation or not being able to sleep, give treatment on all tips of the fingers and toes and back of both the palms or soles.

(17) Overgrowth and undergrowth : Treat all points and also No. Point Nos. 3, 4, 8 and 11 to 15 for increasing height. For retarded children, give 2 glasses of gold/silver copper charged water reduced from 4 glasses of water. In case of undergrowth, check about worms. Moreover give 4 + 4 pills of the medicine mentioned above for teething for 45 to 60 days.

(18) How to increase height : Even if the parents are not tall or even below normal; the height of the children can be increased upto the age of 20 years. However, such efforts should be made at the earliest. Take the following treatment :

- (1) Take treatment on points Nos. 3-8, 11 to 15-25-28 & 38.
- (2) Take 1 glass of Gold/Silver/Copper charged water reduced from 2 glasses (upto the age of 7-8) and then 4 glasses of water.
- (3) Take about 75/100 grams of sprouted pulses daily. It should be chewed thoroughly. Jaggery/sesame (तील) can be mixed with them.
- (4) Drink 1 to 2 cups of green juice daily—adding therein carrots and ginger plus honey.
- (5) Do exercises as shown in fig. 23 for correcting Spinal cord—at least 8 to 10 times.

- (6) Also do exercise on single-bar-jogging—swimming & yogic exercises.
- (7) And refrain from abuse of sex—i.e. masturbation. Girls must see that they have regular menses.

(19) Wetting the bed : Press all points plus Point Nos. 11 to 15, 18 and 26. Also press the first and second knots of the last finger of both the hands. See the figure.

An American Doctor's nephew and niece had this problem. After they unsuccessfully tried all forms of treatment, they began giving acupressure treatment to them. Within a week, these children stopped wetting their beds.

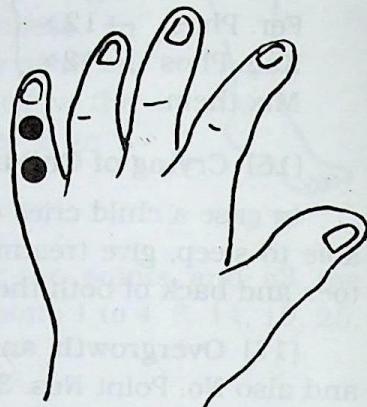


Fig. 94

(20) Urinary troubles (like less urination or stone) : Press all points and Point Nos. 11 to 15, 18 and 26. Also press the first and second knots of the last finger of both the hands, see figure 94.

Drink at least 6 to 8 glasses of water to promote free and regular flow of blood. This will help the kidneys to function properly and to throw out poisons from the body and you will have clear urine.

For all problems connected with urinary troubles, urinary track, including stones, the combination of the following Ayurvedic drugs has been found very useful :

- (1) 100 grams powder of seeds of Eugenia Jambolana (Jamun ke Beej)
 - (2) 100 grams powder of Bombax malā baricum-root (Shimla ke Mool)
 - (3) 10 grams powder of Asphalt (Shilajeet)
- 8 to 10 grams to be taken every day first thing in the morning.

(21) Skin Diseases : These are not diseases but symptoms showing lack of Vitamin C and indigestion due to sluggish liver, resulting in impure blood. Certain foods mixed and eaten together create poisonous substances in the body and if this poison is not removed from the body by the kidney, it comes out in the form of eruption on the skin, known as skin disease. It is, therefore, advisable not to eat cereals, fish, onions, garlics, citrus fruits and antibiotics along with milk, curd and butter-milk. The first urine in the morning can be applied on the affected parts to ensure early cure. Treatment on all points together with more Vitamin C (amla, lemon, fruit juice, raw vegetables), groundnuts and til (sesame) in diet will soon cure the disease and also remove the problem of dry skin. Also take Health Drink. (See page No. 151)

(22) Boils : Press the Lymph gland Point No.16 on the middle of the wrist and also take the treatment on Point No. 26. Proper daily treatment will ensure that there are no boils and if there are any, they will soon dry up.

(23) Anaemia : Press all points and Point No. 37, 3 times daily. In cases of chronic complaint, take medicine for Anaemia as advised in chap. 11. Also drink iron charged water and green juice.

(24) Allergy : Press Point No. 21 and take 3 to 4 Calcaria Phos 12x globules or tablets twice a day.

(25) Eyes : For anything wrong with the eyes like pain, watering, reddishness etc. give treatment on Point No. 35 and put a pack of cold milk or extract of kothmir (Coriander leaves) on the eyes. Eat plenty of raw carrots or drink carrot juice. If regular treatment is given on these points after the age of 45, it will prevent cataract. Even during early stages of cataract, this treatment is very beneficial.

This treatment can prevent 'BLINDNESS' due to cataract. Moreover, even in case of Trachoma of eyes, operations have been averted with this treatment.

Serious Problems : The Optic nerve is governed by

Pituitary gland. For any serious problems of eyes, check the point no.3 and points of Optic nerve on the back of palms, (see fig. 41 (a) & (b). if found to be tender-paining, give treatment on these points as well as on point No. 3 & 35. Also drink 1 glass of Gold/Silver/Copper charged water reduced from 4 glasses of water. Also give atleast 2 cups of green juice.

How to remove spects/glasses : It has been observed that up to minus Number 3 to 4 (for seeing); with the help of following the treatment, the eyesight becomes normal and one can stop wearing spects/glasses :

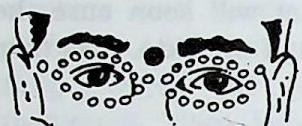


Fig. 95

(1) Press the point Nos. 3, 22, 23 and 35 of both the palms 3 times a day for 2/2 minutes each; give pressure treatment around the eyes as shown in fig. 95-2 to 3 minutes on each eye 3 times a day.

Pressure is to be given on the bones around and not on eye ball.

(2) Drink atleast 2 to 3 cups of Green juice which should include carrots and sprouted pulses like chinese green peas ('मूँ') and Health drink i.e. Amla Powder + Ginger powder.

(3) Reading must be done in a right sitting position under proper light.

(4) In order to prevent damage to the eyes, children should be taught from the beginning to read in a proper upright posture and view the T.V. from a reasonable distance. They should be taught to blink the eyes regularly.

(5) The mother should stop the use of hydrogenated oil/vegetable ghee/margarine at least 3 months prior to conceiving till the child is breastfed. If possible there should be a total ban on the use of hydrogenated oil/margarine in the house. Such use creates H+ in the brain which in turn damages the eyesight of the children—born and to be born.

(6) Wherever possible, take the Sunrays directly in the eyes for 5 to 6 minutes during 60 minutes of Sunrise or before 45 minutes of Sunset. If that is not possible, take blue light on the eyes—while closed.

Within 3 to 5 months, eyesight will improve and become normal. Then take proper care of eyes throughout the life.

For all problems of eyes drink atleast one cup of green juice adding therein 1 teaspoonful of health drink powder.

Eye drops : The best thing is to put the eyes in an eye-glass filled with fresh and pure water and blink them for 2 to 3 minutes each or sprinkle fresh water on eyes. OR

In 8 oz. of Rosewater add 1 grain of Alum and put these drops in the eyes regularly.

Eye Ointment : Slightly rub black pepper on clean stone surface with few drops of water. Apply this thin paste in the eyes. Even though there is a little burning, it clears up the eyes and increases the power of the eyes. Or apply ghee prepared from cow's milk in the eyes before retiring to bed.

Also in the morning while in bed, apply your own saliva in the eyes. Drink daily one cup of green juice/carrot juice.

(26) **Ears :** For any pain or pus or noises in the ears. Points 31 and 1 to 4, 34 and 38 should be pressed. For pus, give treatment on Lymph Gland (Point No. 16)

Ear drops : Urine is the best form of Ear drops. Otherwise, take 60 ml or 50 gm of edible oil. Put 1 peel of garlic in it. After the oil is warmed up, filter it and keep it in a small bottle. Use it as ear drop when necessary.

(27) **Deafness :** This is not hereditary in most cases. If mother has sinus, cold, mums etc., during pregnancy, it affects the ears of child in the womb and so sometimes the child is born deaf.

However this deafness can be cured.

1. Just check up about worms and clear them. The method is shown earlier.

2. In case of pus in the ears, give treatment on point No.16 of Lymph glands; also put 2 drops of Hydrogen Peroxide 2/3 times a day & clean the ears; then put 2 drops of ear drops as mentioned above.
3. Give treatment on points No. 1 to 6, 31 and 30-34 three times a day for 2 minutes each.
Do not worry if cold increases; in such cases give lukewarm water to drink.
4. Give 1 glass of Gold/Silver/Copper charged water.
5. Give Blue light on ears. 5+5 minutes in the morning and in the evening.
6. On the spot of wisdom tooth, pressure may be given by cotton/rubber studded wooden stick or by chewing there soft clean rubber/eraser.

The results are amazing. Continue the treatment for further 30 days even after recovery.

"Mr. D." aged 70 had lost his hearing power since 5 years. He was given treatment on point no.31 of ears. To his own astonishment within a month, he was able to hear."

"A baby aged 7 was reported to be deaf since birth. She was given this treatment, within 60 days improvement was noticed and normalcy was attained in 120 days."

(28) Dumbness : Dumbness is mostly due to deafness. So treat such patient for deafness and press the tips of all fingers and toes. This treatment can also be given when the patient is not able to speak clearly or stammers. In such cases, please give treatment on vertebra No. 4 of the spinal cord. (Page 151 fig. 83)

(29) Hiccough : Press hard on the back of the first knot of the middle finger as shown above in Fig. No. 87 for whooping cough. Or bring the tongue outside the mouth as far as possible and hold it in the same position for 1 to 2 minutes. Check solar plexus and correct it if necessary.

(30) Sunstroke, Heatstroke, Fainting, Bleeding through the nose : Take treatment on tips of fingers and toes and press hard on point below the nose and above the upper lip as shown in the figure. Practise Moon Pranayam.

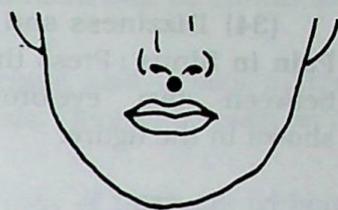


Fig. 96



Fig. 97

(31) Palpitation : Press the point as shown in the figure at the corner of wrist and palm of both the hands.



Fig. 98

(32) Water Worms : In case there is a hole (mouth), apply wet *Multani Matti* (available with all Ayurvedic druggists) around the mouth. Within a short time the worm will start coming out. Roll it on a pencil and very slowly pull out the worm. Please be careful to see that the worm does not break. The worm can be 6 to 8 inches in length. In case there is no mouth or hole, eat the following for 4 to 8 days. Take a bitter-gourd, clean it and roast it on fire. Afterwards eat it like a boiled corn; if necessary, salt and lemon can be applied. Eat for 3/4 days, there will be opening.

(34) **Dizziness and Severe Pain in Sinus** : Press the point between two eye-brows as shown in the figure.

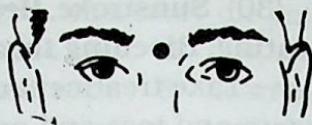


Fig. 99



Fig. 100

(35) **Loss of Voice or Sick Voice** : Press inside of thumb with the other hand at the point shown in the figure.

(36) **Corn** : Massage the affected part with ice for 2-3 minutes. Afterwards, rub turpentine oil on it and bandage it. In the morning, this corn will come out. Afterwards, continue rubbing turpentine daily for 2 to 3 days. Rolling of feet on wooden roller has been found to prevent further formation of Corns. Give treatment on point No. 8.

Also take 4 pills in the morning and 4 pills in the evening of the mixture of Calc. Phos. 12 \times and Calc. Flour 12 \times for 3 months.

(37) **Fatigue** : Under fatigue conditions, do not eat anything. Drink lukewarm gold/silver/copper charged water or Health Drink. If this is not available, drink one glass of lukewarm water at intervals of an hour.

Also give this treatment : Take a small comb, preferably of metal and keep it in right hand as shown and press it with the thumb on side of the comb and with fingers on the comb. Press it hard on the upper part of the palm joining the fingers. After half a minute, do the same with comb in the left hand and repeat the same treatment after one hour, if needed. (See fig. 73) Also take treatment on Point No. 32 of energy.

PAINS

(38) **Toothache** : Please refer to Fig. 53 dealing with the aching tooth. Give treatment on that fingertip. In the case of severe pain, press this tip of the finger continuously for more than 2 to 3 minutes. Remove the pressure when the

finger starts getting blue. The treatment can be continued again, later on, if necessary.

Also take 2 pills in the morning and 2 pills in the evening of Calc. Phos-12 \times and Calc. Flour-12 \times each for 3 months.

(39) **Bodyache** : Pain in any part of the body without an external cause clearly shows that the battery of the body has become weak, and that the flow of air is locked up there. So one must do the needful as mentioned earlier to help the battery get recharged. The pain is due to the fact that carbon dioxide and cold have accumulated in that part. So the best cure is to take copper/silver/gold charged lukewarm water at least 3 to 4 glasses in 24 hours and to give acupressure treatment on all points. In such cases, 'sudarshan' powder has been found to be very effective. Take half a teaspoonful of this powder, add half a teaspoonful of turmeric powder mixed with half a cup of lukewarm water and after drinking it, drink some more lukewarm water.

(40) **Headache** : Most of the headaches are due to cold, change of season, etc., resulting in congestion in the head and can be cured by treating Point Nos. 1 to 7 and 34. Also practise Sun Pranayam.

Sometimes headache is also caused by heat where the liver is affected or by overworking of Pancreas resulting in migraine. In such a case, the treatment on Point Nos. 23, 25 and 26 will give good results. Also practise Moon Pranayam.

Sometimes headache is due to some trouble connected with the eyes or tension in the neck. In such a case the Point Nos. 35 or 7 should be pressed.

In cases of very severe pain, continuous pressure can be given on finger 1 and 2 and thumb with the help of clips or rubber bands, which must be removed before the fingers become blue. (See fig. 52.)

(41) **Back Pain** : Please note that Point No. 9 is on the back of the palm. It starts below the thumb and the first

finger and goes down till the middle of wrists called Point No. 16 – lower lumbago. The whole line is Point No. 9 and pressure is to be applied on that for treatment. See fig. 41 (a) & (b) also see (45) below :

What Dr. 'P' reports, sounds almost to be a miracle : "I got rid of the problem of stiff back in the morning with regular practice of Acupressure. When one of my friends came to see me, I thought of trying the same on him as he was stooping and regularly complained of backache. I took his hand in my hand and went on pressing on Point No. 9 for about four to five minutes. When my wife entered the hall, he got up to say 'Hallo' and, to the surprise of all, he was standing straight and there was great relief from backache. My friend thought I had performed some miracle. Now my friend is an ardent follower of Acupressure therapy."

(42) **Pain in Legs :** Roll your feet for 2 to 3 minutes on the grooved wooden roller as shown in fig. 69.

(43) **Sciatic nerve :** When this nerve is pressed awkwardly; and constantly there is pain in hips, thighs and legs; treatment is to be given on points related to sciatic nerve shown on the back of the palms and the lower portions of the legs as shown in fig. 41 (a & b) and 42 (a & b). It has been observed that faster relief is obtained by giving treatment on the points of the sciatic nerve in the legs for about 5–6 minutes.

"A lady dentist had severe pain in right leg and thigh for a long time, had taken many X-Rays and other treatments, without avail. She consulted an Acupressurist. He found the points of sciatic nerve to be tender and suggested treatment accordingly. Within 10/12 days, she was cured."

(44) **Knee Pain :** Treatment to be given for 2/3 minutes thrice a day on the points shown in the figure.

Also check the sciatic nerve points. If paining, give treatment on points of sciatic nerve as shown in figure 42 (a) & 42 (b).

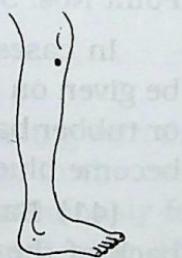


Fig. 101

In case of continuous severe pain, apply the following paste for only 6 to 7 minutes in the evening.

Take an equal quantity of turmeric powder (हलदी) + Bishops seed (अजवाइन) + Garlic (लसून) and grind them to make a paste; apply around knees and wash it after 6 to 7 minutes and if burning sensation is felt massage coconut oil on the knees.

(45) Problem of Slip-Disc—Severe Pain in back—both legs etc :

In the first chapter, importance of sciatic nerve—the cable cord of our central nervous system is explained. Now, it is possible due to several reasons, like falling down, severe jerk, faulty way of sitting etc., any of the vertebrae have pinched into the spinal cord thereby causing serious problem. In such cases, the patient has to wear a collar or waist band, lie down for a longtime in a sandbox, keep hanging heavy weight on the legs. Swelling in that point in spinal cord is taken as slip-disc and many a times operations are advised in such cases. The severe pain in the back spreads to legs through sciatic nerve and the patient finds difficulty in walking. In all such cases, the following treatment may be tried before going for an operation.



Fig. 102

Take a cushioned bed of $1\frac{1}{2}$ to 2 feet wide and 6 to 7 feet long. Ask the patient to lie down on stomach and keep

a soft small pillow ($14'' \times 14''$ about) under the chest. Then 3 strong straps are to be tightened—one as much upper as possible between vertebrae No. 5 to 9. The second one to be tightened in the middle of spinal cord and third one on lower lumbar. These straps are to be tightened as much as possible so that the body cannot move but not so tight that the patient finds difficulty in breathing. See fig. 102.

Then take the head of patient in both hands and rotate the head slowly but steadily and with as much pressure as possible in a round-circle—upper—sideways—down—other side and rotate it for 3 to 4 times without giving jerks as per fig. 103.

Then ask the patient to relax the head and keep it down. Now go to the lower side of the body. Lift one leg and slowly bend it so that the heel touches the buttock—then follow the same process with other leg. Repeat 3 times. Then take both the legs and bend them slowly on both the buttocks simultaneously as per fig. 102. The patient will find pain—may cry out in agony for half a minute. But afterwards, there will be great relief as the sciatic nerve gets freed.



Fig. 103

If necessary, repeat this treatment after 3/4 days. With only 2 to 5 sittings, in most of the cases, the patient will get cured. If not, the patient can consult osteopath or an

orthopaedic surgeon. If the patient has already undergone an operation of the spinal cord or the knee this treatment should not be taken.

(46) Muscular Pain and Fibrosis :

(a) Give treatment on the tips of corresponding fingers.

(b) Massage the affected part lightly with

(i) Regal medicated oil and embrocation (available in Hongkong and Singapore), which can be prepared at home by mixing the following :

Menthol crystals	25%	Methyl Salisylate	15%
Camphor powder	10%	Eucalyptus oil	10%
Oil Lavenarspike	7%	White Oil (or kerosene)	33%

This is good for massage on the affected parts of paralysis, polio and severe muscular pain.

OR

(ii) Mixture of Edible oil (80%) and Eucalyptus oil (20%)

OR

(iii) Edible oil + ginger powder or Garlic. (Boil this oil and keep it in a bottle. It is also useful as Ear Drops.)

(c) **Cold Pack :** Take half a bucket of cold water. Take 2 small terry towels, soak them into water. Squeeze one of the towels and place it on the affected part. Keep it for $\frac{1}{2}$ minute. It will dry up. Remove it and put it back into water. Take the other towel and repeat the same. Continue the treatment for 5 to 10 minutes. Afterwards cover the affected part and the whole body from shoulder to toe with a warm woollen blanket. Keep it covered thus for 5 minutes.

(d) **Hot Pack :** Boil 1 bucket of water adding 3 tablespoons of salt. When it starts boiling take it out in a wider tub or utensil. Take 2 small terry towels. Put them into the water. Take out one of them—squeeze it and place it on the affected part for 1 minute and repeat the same with the other towel. Continue the treatment for 5 to 10

minutes. Afterwards dry up the affected part and do not expose it for 10 minutes.

(e) Blue light : Before 10 a.m. or after 4 p.m. keep blue glass against the sun and 18 inches (45cm) away from the patient. This is a blue light.

OR

Take 60 watt blue bulb. If not available Wrap 4-fold blue gelatine paper around a regular 60 watt bulb. Light the bulb and keep it 18–20 inches (45–50 cm) away from the affected part for 10 to 15 minutes at a time.

(47) Chest Pain : There are several reasons for chest pain, which is often mistaken for heart attack. In the case of a heart attack, you will find pain on pressing Point No. 36. If there is no pain on that point, there is no cause for worry. Give treatment on the middle of the back of the right and left hand as shown in the figure for 3–5 minutes.

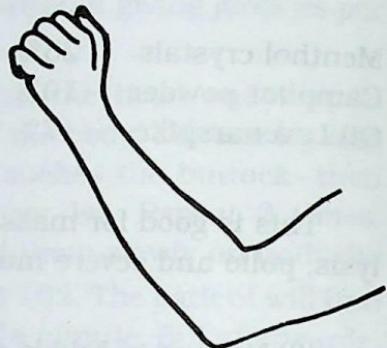


Fig. 104

(48) Stomach pain and Gas trouble : First check up Solar Plexus and put it in order if it is not; check up about worms—as mentioned under (9) of this chapter and remove them. Give pressure on Point Nos. 19, 22, 23, and 27.

Pain Reliever : For all types of pain the following treatment gives instant temporary relief:

Take a little of ordinary salt. Heat it on a pan till it becomes red or dark gray in colour. Put little—about 1 to 2 grain of such salt on the tongue every 5 to 10 minutes till the pain subsides. Do not go on repeating more than 4 times. If this salt is taken at night, it causes sleep. However, be careful not to take this salt in excess or to form habit of taking it.

(49) Swelling : First check Point No.26 of kidney. If there is pain, take treatment as mentioned in next chapter for Pyelitis. However, if there is no pain there, it means that

the swelling is local. In that case take some rice, grind it into powder. Add little turmeric powder. Boil this powder in half a cup of milk till it turns into paste. Apply this paste as much hot as bearable on the affected part and keep the bandage on the same. Repeat it for 3 to 4 days; it will be cured.

(50) **Ring Worm** : After bath, massage the dried affected part with dettol antiseptic lotion. Then massage the part with dry Boric powder for 3 to 5 minutes.

If Boric powder is not available the following powder can be used.

Half of Alum + half of Borax (टकणबार) (Both in equal quantity). Heat them and grind them into powder. After 3/4 days massage lemon juice on the affected part. Results are astounding. Stop the use of Nylon and plastic panties.

(51) **Appendix** : Correct solar plexus; give treatment on point no. 21 of Appendix.

In case of severe attack there will be severe pain in stomach so that the patient tosses from side to side. At that time, press little hard in the middle of calfs. That will be painful but it will soon cure the problem.

Also give continuous pressure on point no. 21 for more than 3 minutes.

Later on give treatment on points no. 21, 19 and 27 for complete cure. Take 2 to 3 cups of green juices, 1 to 2 glass of fruit juic and green salads, etc. Avoid foods of fine flour-fried food etc.

(52) **Varicose Veins** : See fig. 69. Sit on a chair, keep the roller on floor and roll the soles on it for 5 to 10 minutes in the afternoon and at night before going to sleep.

For those persons, in whose family there is a history of such problem and those who have to stand for long periods, this treatment should be taken to prevent the problem of varicose veins and of pain in legs.

Moreover (a) treatment on points No. 3-4-8-11 to 15-25-28 and 36, (b) Drinking of 2 glasses of

Gold/Silver/Copper/Iron charged water reduced from 4 glasses of water, (c) and doing Sarvangasan (fig. 120) twice a day for 2 to 5 minutes is found to be very beneficial.

(53) **Hernia**: Take treatment on point No. 11—three times a day, each for two minutes. The following practice is found to be useful in preventing Hernia. After bath, hold two corners of the towel in two hands; keep it between the legs. And rub it for 2 to 3 minutes in the base of right thigh and then in the base of the left thigh.

Drink 2 cups of green juice daily and avoid constipation.

CHAPTER 15

TREATMENT OF SERIOUS DISEASES

Besides the common diseases, discussed in Chapter 14, there are some serious and sometimes contagious diseases which require special care. The following treatment will be common for all of them :

- (a) Give boiled water, preferably lukewarm, and Health Drink and copper/silver/gold charged water, 2 glasses reduced from 4.
- (b) Reduce the diet, keep the patient on liquid diet or very light diet.
- (c) Treat all the points including the tips of all the fingers and toes twice daily.
- (d) Give treatment on all the points of the endocrine glands twice a day.

Over and above these, further treatment should be given separately for different diseases shown below :

(1) **Small Pox and Chicken Pox** : Press Point Nos. 23, 29 and 38. Protect the patient from heat. Practise Moon Pranayam.

(2) **Measles** : Press Point Nos. 29, 30, 34 and 38. Take care against cold. Practise Sun Pranayam. After 7 days, practise Moon Pranayam and also take the treatment to remove excess heat from the body.

(3) **Mumps** : Press all points daily, including the tips of all the fingers and toes. Keep the throat clean by gargling. Practise Sun Pranayam.

(4) **Diphtheria** : Press Point Nos. 6, 7, 16, 30, 34, 36 and 38. See that the mouth, especially tongue, is cleaned 3 times a day; gargle with lukewarm water with a little salt added to it. Give the patient treatment for Tonsilitis as mentioned in chapter 14. Practise Sun Pranayam.

(5) **Typhoid** : Press Point Nos. 19, 22, 23, 26 and 27 on the soles and palms. Take proper care in diet-green and fruit juices and butter milk only—and take complete rest. Gold/silver charged water 4 glasses reduced from 16

glasses is very beneficial. Practise Moon Pranayam. Correct Solar Plexus and check it regularly.

(6) **T. B. :** This disease is due mainly to damp air, absence of sunshine and malnutrition. So these must be Changed. Press Point Nos. 1 to 7, 16, 30 and 34. gold/silver/copper and iron charged water must be taken. Practise Sun Pranayam as much as possible.

Also give the patient one big teaspoonful of honey twice a day and 2 to 3 cups of green juices adding therein 1 teaspoonful of Health drink powder. Results are astounding.

(7) **Gastro-enteritis/Dehydрадation :** Give only luke-warm water adding ginger, lemon, barley and honey as frequently as possible. Press Point Nos. 19, 22, 23, 26, 27 and 38 on the soles and palms. Correct Solar Plexus. Check for worms and remove them, if found.

(8) **Heart Attack :** Heart is a muscular structure and supposed to work for one's life time. When you have pain in chest, please check Point No. 36 by pressing it. If there is no pain, it means that the cause for this chest pain is not in the heart. In that case,

- (a) check up the Solar Plexus. If it is not in order, there could be gas trouble. Correct it.
- (b) it can be a muscular pain starting from vertebrae 6 to 8. In such a case, give treatment for 3 to 5 minutes on the point of middle of the back hand as shown in the fig. 104. Later on, rub eucalyptus oil or pain balm on the chest as well as around vertebrae No. 4 to 8 of the spinal column.

If there is pain on Point No. 36, it means the cause of the trouble is in the heart. Immediately take bed rest for 72 hours and start taking the following treatment :

- (1) Give treatment on Point No. 36 and 1 to 5 for two minutes each twice a day.
- (2) Give treatment on all other points on each palm for 5 minutes twice a day.
- (3) Drink lukewarm concentrated gold/silver/copper charged water (8 glasses reduced to 2 glasses) 2 glasses a day for 1 month.

(4) Take fruits or fruit juices. Pomegranate is good for reducing cholesterol.

(5) Make a mixture of powders of dry coriander seeds and cumin seeds – 100 grams each and keep it in a bottle. Take one tea-spoon of this powder daily in the morning and evening with water for 30 days. This mixture is an anti-oxidant and so will clear up the blockade and will prevent any necessity for bye-pass surgery.

(6) Practise Pranayam – stop worrying.

During the rest, think over your life style. You will be able to trace the root cause. Such a root cause must be removed. Otherwise there can be another heart attack. Afterwards, lead a normal life, practise pranayam and do jogging for at least 3 minutes regularly. Continue the treatment on all points and Point No. 36 once a day. Drink gold/silver/copper charged water for a month. (8 glasses reduced to 2 glasses.)

Please note that giving two minutes' treatment a day on Point No. 36 is like putting a pace maker in the body.

Cholesterol : Reduce fat from diet, drink one glass of fresh juice of pomegranate for 30 days. OR – Put 2 teaspoonful of dried coriander (धनीआ) in 4 glasses of water. Boil it and reduce it to 2 glasses. Drink this water daily for 25/30 days. This will bring cholesterol under control.

If any of these juices or drink is taken by for 30 days in a year, it will control cholesterol.

Mrs. 'C' aged 75 had to be admitted to the intensive care unit, but became bored. Her son learnt about Acupuncture, brought mother home and started giving treatment on all points including Point No. 36 for heart. Today after about four years, she moves freely around the house and is able to look after herself.

(9) **Diabetes :** The body requires glucose for energy and so wherever possible take this glucose in the natural form, from fruits, its juices, honey, cereals; etc. Moreover this glucose / sugar is easily digestible if it is mixed with

saliva. In order to control Diabetes, it is utmost necessary to chew atleast 15 times not only eatables but also drinks. This habit of chewing properly should be formed right from the childhood.

Further, instead of adding sugar in the milk make a practice of drinking it plain or add a little turmeric powder that gives milk a good taste and also helps the purification of blood—thus leading to healthy skin.

It is also observed that if the Lymph gland is damaged and not working efficiently, there will be a pain when pressed on point No. 16 of Lymph gland. Enough glucose is not extracted from the blood to go into the cerebro spinal fluid and so the glucose content in blood increases. So in order to control Diabetes, it is necessary to give treatment on point no. 25 of Pancreas and point no. 16 of Lymph gland along with treatment on all the endocrine glands. In case of pain found on point No. 16 of Lymph gland, also drink 2 glasses of gold/silver/copper charged water reduced from 4 glasses.

This dreaded disease can be easily brought under control by less intake of sugar and sweets and drinking of the following.

- (1) Add $\frac{1}{2}$ teaspoonful turmeric powder in 1 teaspoonful of Health drink powder and take them atleast twice a day for 30 to 45 days.
- (2) Cut 2 Lady's fingers (OKRA—भीड़ी) lengthwise, soak them in half a glass of water overnight, squeeze them and drink this water, first thing in the morning. Avoid any food & or drink for at least 20/30 minutes thereafter. If you are susceptible to cold, please pour the water into a hot pan and collect this warmed extract in a glass and drink it.

OR

Drink 2 ounces/60 grams of fresh juice of green corriander (हरा धनीआ) leaves 20/35 days first thing in the morning on an empty stomach.

OR

Take 8–10 mango leaves keep them for half an

hour in water. Then grind the leaves, filter the juice and drink it for 20 to 35 days.

- (3) Drink 2 glasses of Gold/Silver/Copper charged water reduced from 4 glasses of water. It is a must in treatment of Diabetes. This water peps up the assimilation process and activities all the endocrine glands.

"A government officer had 4.5% glucose in blood. He started drinking the abovementioned juice of green coriander leaves and two glasses of Gold/Silver/Copper charged water along with Acupressure treatment. Within 35 days the glucose level in the blood become normal. Prior to treatment, he was not able to walk. He is now able to walk 4 to 5 miles at a stretch. Thus he regained his health."

- (10) **Blood Pressure : Low** : Low blood pressure is due to overfunctioning of Pancreas, thereby reducing the glucose content of the blood and the body. When the blood pressure is low, drinking of hot tea/coffee or milk with more sugar added to it is found effective. For long-term treatment it is necessary to.

(a) Take treatment on all endocrine glands, along with Acupressure treatment on both the palms/soles.

(b) Drink at least 2 glasses of Gold/Silver/Copper charged water reduced from 4 glasses of water daily for at least two months.

(c) Correct Solar Plexus if not in order.

(d) Drink 2 cups of Green juice adding therein 1 tablespoon of honey per cup.

It may be noted that Low B. P. is not dangerous. However, such low B. P. reduces joys of life and make the life dull. With abovementioned treatment, Life will soon be found worth-living.

High Blood Pressure : The root cause of High B. P. is discussed in the first chapter. As high B. P. leads to many

other problems, it is therefore utmost necessary to control it at the earliest. At the time of attack of high B. P.; place the small finger in each ear and press it intermittently or shake them hard for 2 to 3 minutes. That will immediately lower the B. P. Also give treatment on points No. 3-4-8-11 to 15-25 and 28. For long-term cure of this dreaded disease take the following treatment :-

- (a) Take treatment on all endocrine glands - 2 minutes on each point - 3 times a day, along with regular Acupressure treatment on both palms- soles.
- (b) Drink at least 2 glass of Gold/Silver/Copper charged water reduced from 4 glasses of water. If use of Gold and Silver is not possible, drink at least copper charged water - two glass reduced from 4 glasses of water.
- (c) Stop/reduce salt and spices from the diet. Instead rock salt or black salt can be taken.
- (d) Drink 2 cups of green juice adding therein 1 tablespoon of honey per cup.
- (e) Drink at least 1 glass of fruit juice.
- (f) Take treatment to reduce tension as shown in this chapter.

Many patients have greatly benefitted with the above mentioned treatment and so have stopped taking other medicines.

(11) Asthma/Breathlessness/Suffocations : In most of the cases the root cause is "Cold due to heat" and by taking that treatment as shown in the previous chapter, this disease can be controlled. In such cases, the lungs would be clear and there will not be any pain on point No. 30 of lungs.

It may be noted that **this is a curable disease**, following treatment will be found very effective.

- (1) Treatment on point No.1 to 7, 30, 34 and tips of fingers and toes.
- (2) Add $\frac{1}{4}$ teaspoonful of turmeric powder (हलदी) and $\frac{1}{4}$ teaspoonful of powder of cuminseed (जीरा) in one teaspoon of Health drink powder and take it twice a

day. If possible, also add $\frac{1}{2}$ teaspoonful of "Mahasudarshan" a bitter powder in the above.

- (3) Drink 2 glasses of Gold/Silver/Copper/iron charged water reduced from 8 glasses of water, this is a very effective tonic for lungs.
- (4) Take blue light on chest and back.
- (5) Perform Sun Pranayam as much as possible.
- (6) Do the following twice a day and also when under an attack;

Press hard on the back, on the points shown in the figure for 10 seconds and pause. Repeat for 2–5 minutes.

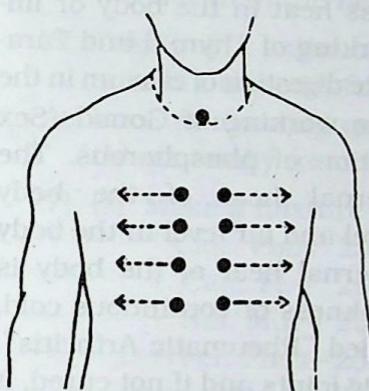


Fig. 106

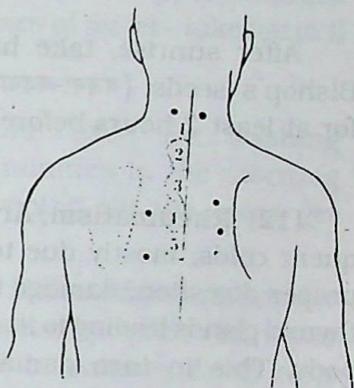


Fig. 105

At the same time, ask the patient to rub from the middle of the chest to the sides for 2 to 5 minutes. Also give treatment for 1 minute on the point shown below the neck. (See the figure.)

These pressing on the back and rubbing on chest is also very useful and effective at the time of attack of Asthma.

It may be noted that during this treatment, cold will increase; that is a positive sign of recovery. In that case drink hot/lukewarm water, reduce food/take more of fruits/green juices enabling the body to throw out excess water and toxins from the system.

Breathlessness : Press on the points on the back and rub on the chest as shown above. Also do sun pranayam

taking quick short breaths as much as possible. Once you start feeling better, finish the Pranayam with prolonged breaths—alternatively from right and left nostril—repeat it at least 10/20 times. Also do Kapal Bhati and Bhrutsana as mentioned in chapter 5. Pages No. 98–104.

Eosinophilia : In cases of continued cold, Asthma, T.B. etc., the percentage of eosinophils in the blood, is more. In addition to taking the treatment, please take the following treatment for 15–20 days.

After sunrise, take half a tablespoon of half ground Bishop's seeds (अजमा-अजवाईन), soak them in lemon drops for at least 2 hours before eating it, before sunset.

(12) Rheumatism/Arthritis/Paralysis/Stroke : Frequent colds, mostly due to excess heat in the body or improper digestion, damage the working of Thyroid and Parathyroid glands leading to inadequate digestion of calcium in the body. This in turn damages the working of Gonads/Sex glands which control the digestion of phosphorous. The combined effect is that internal heat of the body reduces—giving way for water level and air level in the body to increase. Now, when the internal heat of the body is reduced in old age or due to weakness or continuous cold, there is pain in small joints called “Rheumatic Arthritis”. Sometimes there is swelling in big joints and if not cured, it has a bad effect on heart and so it is called “Rheumatoid Arthritis”. When these problems of joint pains are tried to be suppressed by more and more powerful drugs, it impairs the nervous system. Moreover damage to Thyroid parathyroid and Sex glands leads to damage to Adrenal gland which causes less oxygenation in the body—as a result of all these plus tension leads to stroke/paralysis.

Now, when we know the root causes of this painful chronic disease, it can be easily prevented by taking treatment on all endocrine glands and curing the cold in the beginning by understanding its root cause.

TREATMENT OF SERIOUS DISEASES

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Treatment : This disease can be cured by the following treatment.

- (1) Take treatment on all points of both the palms—five minutes on each palm twice a day.
- (2) Roll the soles of legs on wooden rollers five minutes—twice a day.
- (3) Take treatment on all endocrine glands 2/2 minutes on each point twice a day.
- (4) Drink 2 glasses of Gold/Silver/Copper charged water reduced from 8 glasses of water—lukewarm if possible.
- (5) Rub Nylonbrush (big one used for washing clothes) on each soles 5 minutes in the morning and 5 minutes in the evening till the soles get warmer than the head.
- (6) Take half a teaspoonful of Mahasudarshan powder + half a teaspoonful of turmeric powder with water once in morning and once in evening. Avoid sour things totally from the diet.
- (7) (a) Make a mixture of
 Calc. Phos 200— $\frac{1}{2}$ oz each
 + Calc. Fl.— 200—
 + Nat. Mur— 200—
 + Fer. Phos— 200—
 and take 4 pills in the morning and 4 pills in the evening for 10 days and then once a week.
- (b) Make a mixture of
 Calc. Phos
 Calc. Fl.
 Nat. Mur
 Fer. Phos } $12 \times \frac{1}{2}$ oz each
 After 10 days take daily 4 pills in the morning + 4 pills in evening for 60 days.
- (8) Take Blue and Red light for 5 minutes on affected parts twice daily.

HEALTH IN YOUR HANDS

However, in such cases rolling of feet for 5 minutes on wooden roller shown in fig. 107 has been found beneficial.

Fig. 107 [see fig 69 on page 111]

[Note : It may be noted that effect of such plain cheap wooden roller is just the same as that of costly fancy rollers.]

Mr. 'G' had an attack of paralysis. He found that the points of Thyroid/Parathyroid and Adrenal glands were painning. He started treatment as above and just within 12 days, he became normal.

Gout : Same treatment as mentioned above is found to be useful. Moreover take 1 tablespoon of castor oil alongwith 1 teaspoonful of ginger powder at least twice a week till complete cure is achieved.

(13) Nervous Tension :

In the modern days because of fast life and loss of contentment, nervous tension keeps on building increasingly—tending to damage our mind and health.

How to find out : Lie down on your back and press on the base of the middle toe in both the legs. If there is a hurting sensation, it means nervous tension. If the hurting is unbearable, it

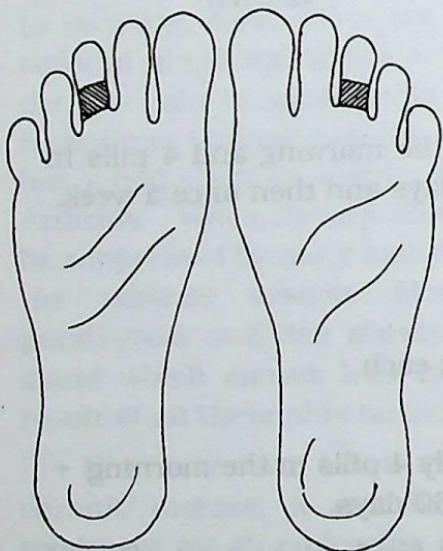


Fig. 108

means that the person is on the verge of collapse and needs immediate attention.

Cure : (1) While the patient is lying on the back, bend all the toes of both legs, backward. It may hurt but give little more pressure and bend it as much as possible; repeat this three times a day till the tension is removed.



Fig. 109

(2) Clasp your hands tightly interlocking the fingers. Then with left hand fingers press on the back of the right hand and then with right-hand fingers, press on the back of the left hand. Repeat for about 1 to 2 minutes, 3 to 4 times a day. See fig. 109.

(3) **Insomnia** : The above mentioned treatment can be taken for 5 to 12 minutes at night in bed to ensure good sleep and cure insomnia. Also drink copper/silver charged water. See fig. 109.

(4) Give 2 glasses of Gold/Silver/Copper charged water reduced from 8 glass of water.

(5) **Kali Phos 1 m** : (a Biochemic medicine) give patient 8 pills in the evening between 8 to 9 p.m. for 10 days; then once a week. After 10 days. **Kali Phos 12 × 4 + 4** pills every day. Complete course is of 45 days.

(14) Constipation : It is not necessary to take laxative.

Acupressure treatment plus drinking of lukewarm water and giving the stomach some rest at least for one meal during a week will set the things right. Also include more water/buttermilk and leafy vegetables in the diet.



Fig. 110

First check the Solar Plexus and if not in order correct it as shown on page 64. Put the thumb on the middle of chin (See the figure) and rub it or give pressure around it for 2 to 6 minutes. This will solve the problems of constipation. An essential requirement of health is that there should be no constipation.

If it is felt that passing of stools is not satisfactory, wet the middle long finger with coconut oil/edible oil or butter and put it as far as possible in the anus and massage around it. Afterwards, move the belly upwards and downwards. Further stools may start coming out. Clean the part with water. This treatment helps to clean the bowels, prevent constipation and also the piles. Moreover, as there is massage around Prostate gland, it activates the same and problems of Prostate gland, hernia, frequent urination etc. are also cured. This is called "Ganesh Kriya" in Yoga.

(15) Piles/Fissures : These are caused by continuous constipation. Some times piles not only give severe pain but also start bleeding. For treatment, first remove constipation as mentioned above. Also give treatment on Point No. 10 on both the palms or soles. Also massage coconut oil on piles.

Mr. 'K' had piles which had started bleeding. He started treatment under this therapy by applying pressure on Point Nos. 10, 3 times a day. Within 2 days his bleeding stopped and within 8 days the complaint was gone.

(16) Obesity : This is due to :

- malfunctioning of thyroid glands.
- underworking of sex glands especially in ladies. or

- (c) overeating i.e. taking more calories than required by the body.

The first two causes can be removed by giving treatment on Point No. 8 of thyroid glands and on sex glands Nos. 11 to 15. As regards the third cause, the patient must be chewing less and eating fast and lacking the necessary determination either to eat less or do regular exercises. First he must cultivate the habit of proper chewing. Then regular treatment on all the points including all the endocrine glands will in the first place strengthen the patient's will-power and help him to take a firm determination and secondly bring about balance in metabolism. Fat people generally eat fast and take in more sugar. By forming the habit of more chewing and avoiding sugar, fat can be reduced and controlled. To reduce weight, diet has to be very strictly regulated. Sugar, sweets, oil and butter-ghee in any form should be totally stopped and salt to be reduced to a minimum or only rock salt should be taken. Secondly, the diet should include plenty of vegetables, green juices, a few fruits, sprouted pulses and wheat products. Rice and its different preparations should be avoided or if the diet includes rice and its preparations wheat, jowar, bajra etc., should be avoided. This will enable the patient to restrict the quantity of food intake and fat will start reducing. In short, the intake of food should be brought down to below 900 calories. During the dieting, the patient should drink lukewarm Health Drink or lemon water and honey, the first thing in the morning. Then during the day he should drink boiled lukewarm water only, preferably copper/silver/gold charged. He should also drink two cups of green juice a day.

How to control hunger and reduce weight : In order that hunger itself be reduced, please give deeper pressure on the three points in the ears half an hour before the meals.

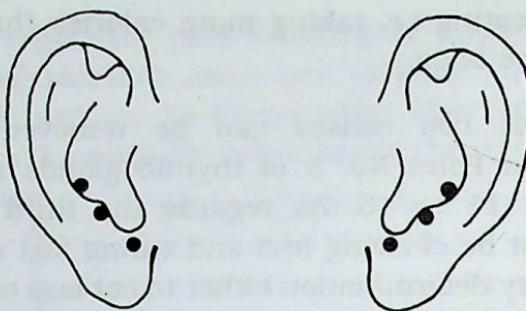


Fig. 111

Pressure can be given by keeping the thumb behind the ear and giving deeper pressure by fingers. In order to get better results, avoid sweets, ice-cream, fried things and rice from diet and have more of green vegetables and juice and fruits. Drink at least 4 glasses of gold/silver charged water duly reduced from 10 glasses of water.

Practise Sun Pranayam daily for 15–20 minutes and start taking light exercise, longer walks, etc. If possible, massage the body with oil at least 2 times a week.

Once the weight is brought down, regular Acupressure treatment will help you to maintain the weight.

(17) How to stop bad habits : Most of the people are aware of the harmful effects of their bad habits like smoking, drinking alcohol, chewing of tobacco, overeating, etc. In spite of their desire to give up such habits, they are not able to do so for lack of the necessary will-power.

Acupressure can greatly help people to cure themselves of their bad habits. Give treatment on all the points specially on all the points of the endocrine glands twice a day. After 15 days, you will get the necessary will-power to stop these bad habits. On the 16th day, you take a vow to stop the bad habit. Continue this treatment to prevent any side effects on the body.

The following treatment will be found useful in specific problems :

(A) Smoking and Chewing of Tobacco :

(1) During the 15 days when Acupressure treatment

is taken as above, give pressure on the 2 points of both the ears as shown in the figure. This pressure is to be given as many times as possible. This will control the desire to smoke and the quantum of smoking or chewing tobacco will be reduced to a great extent.



Fig. 112

- (2) Pranayam as shown in this book is a must and may be practised as many times as possible. That will give strength to the tired lungs.

(B) Alcoholism :

- (1) Please check up your Pancreas gland. If it is over-working, you will have more and more desire to drink. It is therefore necessary to control this gland by the treatment mentioned above for giving up bad habits.
- (2) Make a habit of drinking hot water in the evening or whenever there is a desire to drink alcohol.

Mr. 'X' used to take a minimum of 3 pegs in the evening. He started this treatment and began drinking half a glass of hot water. Within 15 days he was satisfied with one peg only.

- (3) In case of drunkenness, rub the tip of the nose for 2 to 3 minutes. (See the figure.) The person will become sober. It is possible that he may vomit, so the person giving this treatment should remain by the side of the person and not in front of him.

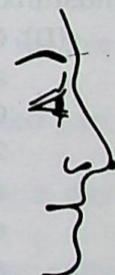


Fig. 113

(C) Drug Addiction :

- (1) Continue the treatment for 2/2 minutes three times a day on the point shown in the figure on both sides of head. See fig. 114.

- (2) Give general treatment together with 2/2 minutes treatment each on endocrine glands atleast thrice a day.
- (3) Give 2 glasses of Gold/Silver/Copper charged water reduced from 6 glasses for one month. Then 2 glasses of this water reduced from 4 glasses for a further period of 2 months.
- (4) Desire for drugs will be greatly reduced within 15/20 days. Then only can the patient be asked to stop the drugs. In the meanwhile the quantity of drug may be reduced progressively.
- (5) Give the patient 2 to 3 cups of green juices and 1 to 2 glasses of fruit juice.
- (6) During the treatment for 3 months, give blue light on the head and spinal cord for 5 minutes each twice a day.

"One youngman aged 22, had been taking drugs for about 6 years, had also the habit of masturbation. He started the treatment. After 20 days, he stopped taking drugs. Within 45 days, he was also cured of the habit of masturbation. He became an ardent follower of Acupressure.

(D) Overeating : Chew your food and drink thoroughly at least 12 to 15 times before gulping down. Observe silence while eating. Stop eating at the 2nd signal you get from the stomach. If necessary, make a habit of taking food after every 4 hours but do not overeat at a time. Control the endocrine glands.

(18) Burns : Massage the point on both the hands as shown in the figure strongly and burning sensation will be reduced considerably.

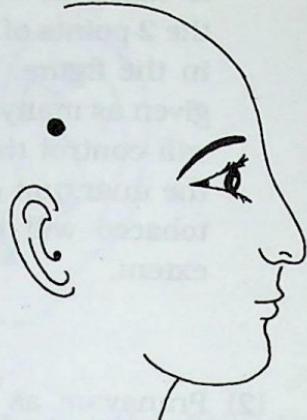


Fig. 114



Fig. 115

(19) **Bone Fracture** : First set the bone in the right place. Then apply the following paste as hot as bearable :

(a) Litsea chinenses (Menda Lakadi)	100 grams
(b) Rhubarb (Reva chini)	50 grams
(c) Gelatin (Saresh)	50 grams
(d) Mastich (Ruma Mastaki)	4 grams

Grind them to a powder. Mix the powder in water and boil it to make a paste. Apply the paste on the fractured part and around it. Allow it to dry. Give support to the affected part by placing cotton over it and covering it with a cardboard or stick and then bandaging it.

Next day, clean this paste with lukewarm water and Dettol. Then again apply this paste in the above mentioned way. Repeat this process for 8 days. During this period, give treatment on the tips of fingers and toes of the affected side of the body.

This treatment is used by people living in the Marwar desert and found to be very effective by bonesetters. A *leading bonesetter in Bombay reports "After properly setting the fractured bones, I give this treatment for all types of single and multiple fractures and within 8 to 10 days the patients get cured."*

(20) **Elephantiasis (Filariasis) :**

- Roll your feet on the grooved wooden roller for five minutes.
- Roll the grooved wooden roller on the affected part for 5 minutes twice a day.
- Drink silver charged water 2 glasses twice a day (6 glasses reduced to 2 glasses.)
- Afterwards take treatment on all points daily especially on the points relating to kidneys—for 2 minutes three times a day.

(21) **Leprosy/Leukoderma (White Spots) :**

- The reason for Leprosy is heat and non-per-

spiration through certain parts of the skin and less functioning of liver.

- (2) As more and more toxins gather under that part of skin, the nerves ending at that place become dead and numbness is found on that particular part of the skin and the colour of the patch changes to white.
- (3) When this is not treated at the right time and when proper nourishment is not taken or when the Adrenal glands are not functioning properly, the other ends of the nerves situated in the hands or feet get affected and their deterioration starts.
- (4) Later on when Lymph glands work less, these affected parts of the hands and legs become septic and pus starts oozing out and then other parts of the body, especially nose, etc., are also affected.

To cure leprosy :

- (a) Treatment should be taken on points of liver, gall bladder and Adrenal glands and other glands to ensure proper oxygenation and blood circulation.
- (b) Treatment is to be given on the point of kidneys to throw out the toxins from the body. And also drink Black Tea for 15/20 days; as mentioned under Pyelitis in this chapter under (26).
- (c) On the numb parts of the skin, ice is to be rubbed for 3 to 5 minutes and then heated self-urine or any healthy person's or cow's urine, after taking out the crust, should be rubbed on the affected part and around it with cotton wool for five minutes in the morning and evening and then the parts should be washed with lukewarm water.
- (d) Sunbath to be given on affected parts twice a day for 10 to 15 minutes. If sunbath is not possible, blue light for 10 to 15 minutes should be given on the affected parts.
- (e) Concentrated silver/copper water (two glasses reduced from eight glasses) should be given to the patient to drink.

- (f) Intake of salt should be totally stopped or if necessary rock salt may be given.
- (g) Also 25 ml mixed fresh juice of the following green leaves and vegetables (whichever available) has been found to be useful :
 - (1) Leaves of Tandaljo (Amaranthus) or Spinnach
 - (2) Leaves of Methi (Fenugreek)
 - (3) Cucumber
 - (4) Leaves of Phudina (Mint), Tulsi (Oscymum) and/or Lettuce or cabbage
 - (5) Corriander leaves
 - (6) Amla Powder
 - (7) Neem leaves
- (h) Make a mixture of whole wheat flour, gram flour and terpentine; apply it on the affected parts twice a day and keep it for 15 minutes. If the skin becomes dry and is stretched, rub a little coconut oil on and around the affected parts.

(22) Gangrene : If the patient is not diabetic, get his first urine in the morning, otherwise, first urine of a healthy person or even that of a cow can be used.

Boil this urine and allow it to cool. Remove the crust from the urine.

In case of gangrene in the leg, apply ice manufactured out of ammonia (not from the fridge) and apply it from hips to toes especially on all joints for 3 to 5 minutes. Afterwards massage the above mentioned warm urine with cotton on all parts from hips to toes, and rub this warm urine for 5 to 7 minutes on the affected parts. Cover the affected part with cotton and bandage it. After 2 hours, clean the affected part with dettol or savlon—any antiseptic. Repeat the same treatment in the evening. Within 2 to 5 days, the affected parts will dry up and gangrene will be cured.

In the same way, in the case of gangrene on the back apply ice from the starting point of the spinal cord up to the thighs, especially on all the joints and then apply warm

urine on all the parts and especially massage the affected part with urine for 5 to 7 minutes.

Also take treatment on Point No.16, Lymph gland for 2 minutes, 3 times a day.

(23) Syphilis and other Venereal Diseases :

(1) Massage ice on the affected part for 2 to 4 minutes. (2) If the patient is not diabetic, take his 1st urine and add 1-2 teaspoons of soda-bicarb, boil the urine and allow it to cool. Remove the upper crust and with cotton soaked in the urine, massage the affected part and around it for 5 to 7 minutes. Afterwards, clean the affected part with water containing dettol or any other antiseptic. Bandage the affected part. Continue this treatment twice a day for 3 to 4 days. Also take treatment for control of sex desire as mentioned in chapter 12 page 143.

(24) Cancer : It is a man-made dreaded disease. The main point of worry in the case of Cancer is that when it is detected, it has already reached an advanced stage and the possibility of complete cure is remote. Moreover, the treatment is so costly that the patient and his relatives get financially and mentally exhausted.

The immediate cause for Cancer is the continuous neglect of the organs of the body by the patient. For example, the lungs of a chain-smoker are continuously irritated. The cancer of the mouth or vocal cords is due to the habit of chewing tobacco, drinking hot tea, etc. In the case of cancer of uterus, negligence about internal hygiene is the root cause. It has been observed that Jewish women who take great care of their internal organs do not get cancer of uterus or womb.

Cancer of the breast is due to non-feeding of the baby by mother, and suppression of the sexual desire by unmarried women.

Cancer of the stomach and intestines is due to overuse of refined flour and rice, coffee, sugar and tea and the habit of overdrinking of alcohol. It has been observed that labourers in the sugar factory in the West Indies use brown

sugar molasses-jaggery and so they are immune from Cancer. And cancer of colon is due to continuous constipation caused by wrongful habits of food and sedentary life. It has been observed that the people of Gujarat who are vegetarian and use more of milk and milk products like curd, buttermilk, etc., do not generally get this type of cancer.

Another reason is a wrongful approach towards the body. The diseases are nothing but the signals given by the body that there is something wrong in that organ, e.g. tonsils. Instead of removing the root cause of the disease, either the signal-tonsils or appendix-is removed by operation or the disease is suppressed-like common cold with powerful antibiotics. The body is to be treated as a temple-a seat of God and each and every corner of this temple-body-should be kept neat and clean. Instead, the body is treated like a dust-bin wherein useless things are dumped and instead of cleaning out the waste or toxins, they are suppressed so that it becomes a duct and which after a time results into a malignant growth.

The long-term cause of Cancer is the imbalance caused by disturbing the metabolism of our body through (1) eatables grown with the help of inorganic manure and pesticides, (2) more and more use of canned foods, bottled pickles, (3) unwise use of fluoride (4) working in unhygienic conditions e.g. working in asbestos factory and smoking, (5) pollution of the environment by excessive use of diesel, cutting down of trees, etc. (6) polluting the water through chemical wastes, etc. (7) going farther and farther away from Nature.

It will thus be observed that these root causes of Cancer can be removed and thus cancer can be prevented. You will find that in the animal world this dreaded disease is rarely found. The obvious reason is that they observe the laws of Nature.

How cancer develops : In our body millions of new cells are formed everyday and they replace the old worn out cells. This process is carried out by the spleen and it is

cleaned and controlled by the lymph glands. When we neglect our body, the process of regeneration of new cells slows down while the process of decaying-destroying of cells-increases, more toxins gather in the body, the spleen and lymph glands are overburdened. Slowly but steadily, there is a malignant growth in the body, but it is not easily noticed. In the meanwhile, these toxins/wastes are gathering in the body in the part which is most damaged e.g. for a smoker, these toxins gather in the lungs or in the mouth. When these toxins are gathered in a large quantity it forms a duct and start developing fast. In the meantime, the weak lymph gland is greatly damaged and through it other glands are damaged. And a stage is reached when these glands become tired and stop secreting the most vital hormones in the body. At that time this malignant growth becomes fast and the final signal is given by Nature. There is a change in metabolism, severe headache, loss of weight, change of voice, colour of the spots on the body changes, and constant fever. At this time, this disease is detected as Cancer.

Acupressure plays a great role in the detection, prevention and cure of Cancer.

Any minor disturbance of any organ is reflected on the palms or soles. When there is a continued complaint the first gland to be disturbed is the thyroid/parathyroid gland. The second gland to be disturbed in case of problems of degeneration leading towards Cancer is the lymph gland. As mentioned above, this important gland works to remove the toxins and dead cells from the body. When the process of regeneration of the cells of the body slows down, there is increase in the activity of clearing the dead cells and preventing pus formation. This gland thus gives ALARM. If you touch on its Point No.16, on hands and feet, these points are found to be tender and when you press them, you will feel pain.

How to detect Cancer in different parts of body.

Another pointer for detection is that the organ where cancer is developing is disturbed and there is pain in the

corresponding point on palms and soles. For example, in case of cancer of the breast, there is pain in the middle point on the back of palm as shown in fig. 117 or in case of cancer in colon, there is pain in the corresponding Point No. 20.

Same way, for Cancer in

Throat	: There is pain on Point No. 6
Windpipe } gullet	: There is pain between point No. 6 and 27.
Stomach	: There is pain on Point No. 27
Small }	
Intestine }	: There is pain on Point No. 19
Large }	
Intestine }	: There is pain on Point No. 20 and 10
Liver	: Pt No. 23 and 22
Lungs	: Pt No. 30
Brain	: Pt. No. 1 to 5 (It is also called tumour)
Blood	: Pt. No. 37
Bones	: Pt. No. 9 & 37.

Now, if these signals are ignored, the declining process starts disturbing other glands also and reaches a dangerous point where these endocrine glands become tired and stop secreting hormones. During that time, more and more wastes/toxins accumulate forming a duct and start multiplying and thus a fast malignant growth starts in that part of the body damaging the very metabolism of the body.

Thus you will observe that cancer can be detected at a very early stage, and it can be controlled very easily. Moreover, you will observe that if regular acupressure treatment is taken daily or at least 3 times a week the lethargic spleen or lymph gland can be reactivated, and factors leading to Cancer can be checked. Thus **Acupressure can prevent Cancer.**

How to detect Cancer of Uterus : It is more common in ladies who do not take proper care of internal hygiene. It is due to continuous irregularity of menstruation, continuous Leucorrhoea etc. This type of Cancer can be easily

detected. In case of any doubt, press on point No.11 to 15 on both the sides of wrists of both the hands. If there is pain on pressing these points and also on point No.16 of lymph gland, it denotes degeneration.

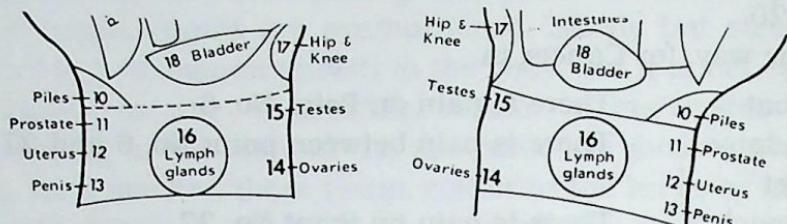


Fig. 116

How to detect Cancer of Breasts :

Just press on the circle in the back of right palm for right breast and left palm for left breast. If, there is NO PAIN when pressed; it means there is NO CANCER in the breasts. Even if, there is pain on these points, but no pain on point No. 16 of Lymph gland at that time, it denotes that there is NO CANCER. And just by giving treatment on those points on the back of palms, the minor problem like accumulation of milk in the breast etc. will be cured. Only pain on the circles on the back of right palm and also on the point No.16 of Lymph gland; denotes Cancer-degeneration in the right breast. In the same way Cancer in the left breast can be detected by pressing the circle on the back of left palm and point No.16 of Lymph gland.

At that time, it is possible that when pressed, there will be pain on points No.11 to 15 of sex glands.

Severe pain on those points on the back side of palms and on point No.16 when pressed, denotes that Cancer has developed more.

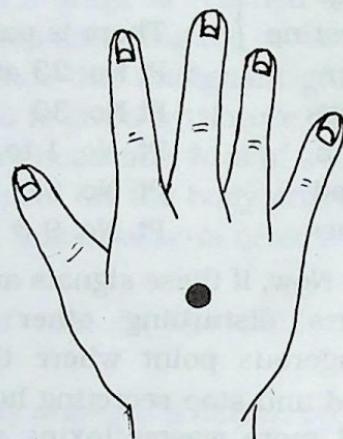


Fig. 117

EVEN IF, CANCER IS DETECTED, DO NOT WORRY. IT IS EASILY CURABLE.

Cure : Give Acupressure treatment for 2/2 minutes on each of the following points for three times a day :

- (1) On the circles on the back of palms, for Cancer of the breasts.
- (2) On points No.11 to 15 on both sides of the wrists for Cancer of Uterus.
- (3) On point No. 16 on both the hands.
- (4) On points of all endocrine glands i.e. No.3-4-8-25 & 28.
- (5) Take general Acupressure treatment on all the points twice a day. And on point No. 26 as a last treatment.
- (6) Drink 'black tea' one cup in the early morning—see page No. 210.
- (7) The use of vaginal douche is a must for the treatment of Cancer of Uterus and the breasts.

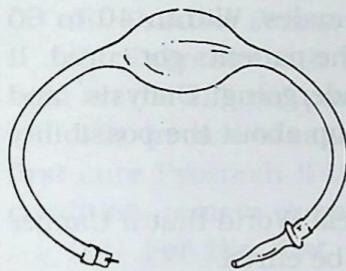


Fig. 118 : Vaginal Douche

First clean the douche with water containing antiseptic. Take about 1 litre of lukewarm water and add 2 to 4 drops of antiseptic liquid to it. Then fill the douche with this water by pressing the ball; then keep the plastic part (2 inches) into vagina and press the ball. Water

will flow and clean the inside. Repeat it for 2/4 times. Such use of Vaginal Douche is also useful when pus cells are found in the urine of a lady.

- (8) Make the necessary change in diet as mentioned for the treatment of Cancer.
- (9) In case of more pain on the points on the back of palms and point No.16 and also when lumps are found in the breasts, apply North Pole of a (low to medium power) magnet on the lumps only for 3/5 minutes 2 to 3 times a day.

"A lady of 50 years was found to have Cancer in both the breasts and was advised operation. Instead she took the above treatment and was completely cured within 45 days."

"A 40 year old lady—a mother of 4 children, was found to have Cancer of Uterus. Cancer was detected even in her left breast. She started the abovementioned Acupressure treatment and continued the same for 60 days. Later on, her husband came and thanked me saying that he had got a New Wife—10 years younger. Sameway, several cases have been successfully treated."

Recently, it was observed that in more than a dozen cases where Dialysis was being done and when proper improvement was not found, these patients were advised to undergo transplantation of kidney. In all these cases, on examination, damage to kidney was not more than 40 to 50%—and the root cause was found to be Cancer of Uterus in females and that of Prostate in males. Within 40 to 60 days of Acupressure treatment all the patients got cured. It is therefore, advisable before undergoing Dialysis and transplantation of kidney to check up about the possibility of Cancer.

It has been agreed by the Medical World that if Cancer is detected at an early stage, it can be cured.

Cure for all types of Cancer : To cure all types of Cancer the whole body is to be treated, the important organs of regeneration e.g. liver, gall bladder, spleen and kidneys and all the endocrine glands are to be reactivated. Acupressure treatment assists the patient in the process and accelerates recovery by bringing the metabolism of the body in order. Following treatment is suggested :

- (1) Check up the Solar Plexus and put it in order.
- (2) Banish salt and spices from the diet.
- (3) Every day take an enema of water boiled with coffee at least two times. That helps to open up the ducts and remove the toxins from the body.

(4) Take vapour treatment (as mentioned on page 175), on the ducts and cold packs treatment in the case of cancer of the stomach and uterus. Also apply north pole of magnet on the ducts for 5 minutes 2 times a day. It will dissolve the duct.

(5) Take concentrated lukewarm water of copper, silver and gold, 3 to 4 glasses, during the day. Boil 20 glasses of water and reduce it to 4 glasses.

(6) In diet, have only fresh juices of vegetables as mentioned on page 197 and of fruits like grapes, pomegranate etc. In the diet, juice of sprouted pulses, beet root, carrot and cabbage should be included. Such a diet helps the patient to gain weight. Eat plenty of salads and honey.

(7) Take Acupressure treatment on all the points twice a day. Also give special extra treatment of 2 minutes on each point of endocrine glands—point Nos. 3, 4, 8, 14, 15, 16, 25, 28 and 38 (in case of children). After the treatment is taken, take treatment on Point No.26 of kidneys also.

(8) Practise Pranayam regularly as often as possible.

(9) Take sunbath and if it is not possible, take blue light on the affected part of the body for 10 to 20 minutes.

(10) In case of cancer of the mouth, throat or stomach, first cure Pyorreah if it is there. If the teeth are in a bad condition, remove them.

(11) For the first 10 days, drink pineapple juice as shown below :

Take a ripe pineapple, cut it into two halves horizontally, squeeze the juice of the half and drink it first thing in the morning and drink the juice of the balance half in the evening before sunset. If desired, honey can be added to the juice.

(12) Drink the extract of the following as first thing in the morning (even before you take pineapple juice).

21 Leaves of bitter Neem with stalk.

21 Leaves of Tulsi with stalk.

21 Leaves of Bilipatra (7×3) with stalk.

This is MUST in case of cancer of blood, bones, and brain and wherever to be used as blood purifier.

(Only if such leaves are not available, tincture of same is available at Homeopathic shops. Take 5 drops in half a cup of lukewarm water in the morning and evening.)

(13) After 12 to 15 days or when the patient gets very hungry (it is a good sign of recovery), give the patient 3 to 4 ounces of curd, prepared in the following manner. In the boiled warm milk (preferably of cow's or goat's milk) add 12/15 leaves of Tulsi and prepare the curd. If the patient is of Pitt Prakruti, give him this curd, adding therein little powder of crystal sugar. For all other types of patients, this curd can be taken with little rock salt or black salt in it. Such curd can be taken 3 to 4 times a day.

(14) Eat roasted bitter Gourd (Karela—कारेला) as mentioned on page 169. Treatment mentioned especially in 11 to 14 has been found effective even in blood cancer.

(15) Give the following combination of biochemical powder/pills :

Calc. Phos. 30 ×	1 oz
Kali Phos 30 ×	1 oz
Kali Muir 30 ×	1 oz
Ferrum Phos 30 ×	1 oz
Kali Iodide 30 ×	1 oz

(If Kali Iodide is not available in powder/pills, add its tincture in other pills/powder) Give 2 grains of powder or 6 pills – 3 times a day. After taking this medicine, do not take anything for 10/15 minutes.

(16) We should not forget that Cancer is the last warning of nature. Go back to nature and within a short period, you will be able to control and cure this dreaded disease. It is likely that during the first 8 to 12 days, the patient may have nausea, vomiting or severe headache. He may refuse to take enema, etc. But continue the treatment. Improvement will be observed within 15 to 20 days, and complete cure within 30 to 90 days depending upon the stage of cancer when this treatment is started. Even if the development of Cancer is more than 75% and is not curable, this treatment will be helpful. The

unbearable pain will definitely subside and death will be peaceful.

(17) After recovery, take a balanced diet consisting of 50 to 60% whole wheat and cereals, plus vegetables and milk products. Avoid salt. If desired, use rock salt or black salt. It has been noticed that people in Gujarat who have this type of diet do not get cancer of the stomach or intestine.

(18) This dreaded disease results from utter neglect and undue harassment of the body and our bad deeds in the past life. Accept the result calmly, forgive all, pray to God and take a vow to do only good deeds, to be of some help to others after recovery. Please note that prayers have more power than drugs. **And last but not the least, have self-confidence and be cheerful.**

(19) Get rid of bad habits as already shown in this book on page 192.

(20) If Allopathic drugs are taken, take Thuja 200-4 pills for 3 days. If rays are taken, take treatment to remove excess heat as mentioned under useful hints.

The following are forbidden : Processed and canned foods, salted pickle, frozen, jarred, bleached or refined foods, also coffee, black tea, tobacco, alcohol, spices, salt, hair dyes, pain relieving agents and drugs, fluorinated water and toothpaste, and temporarily (till the liver starts functioning well), cheese, eggs, fish, meat and milk.

To eradicate this dreaded disease from this world, its root causes namely, pollution of air, pollution of wheat, rice, barley, maize etc.,—staple food—through inorganic manure and over-use of insecticides, excessive use of preservatives in canned and bottled fruits and food products, excessive use of tobacco, alcohol, sugar and coffee, meat etc., must be avoided. This can be done by the World Health Organization and U.N.O. But in the meanwhile, people can take care of themselves and prevent these root causes in their own interest, and with the help of Acupressure, can give up their bad habits, and thus prevent this dreaded disease of Cancer.

All types of Cancer, including that of Blood, are successfully treated. Even patients, discharged from Cancer Hospital, considered as incurable, were eventually cured with the abovementioned treatment, given to them by their relatives in their homes and that too without any costs. Several such cases can be quoted; viz.

- (1) Mr. "A" was discharged from Cancer Hospital as his cancer of throat was considered incurable. He was in such agony that painkiller injections had to be given 3 times a day. On the fifth day of treatment, painkiller injections were no more required. On the sixteenth day, he started getting good hunger and within 45 days only, he was totally cured and resumed normal duties.
 - (2) Mrs. "M", a wife of an M.D. Doctor tried several therapies for her loss of weight and failing stamina. At last an Acupressurist was consulted. He diagnosed the problems as Cancer of stomach. Treatment was started at home with the permission of her husband. Within 60 days, she got cured, gained weight and stamina. Now, she advocates Acupressure.
 - (3) A college student, 19 years old, was so much disturbed with his problem that he started thinking of suicide. An Acupressurist was consulted. He diagnosed it as a case of cancer of prostate. Without knowing any previous history, he told the young man that he was in a practice of masturbation for a long time—the boy admitted. With a treatment of only 40 days, the boy was cured. Now he intends to be a Professor. He himself has become an ardent Acupressurist and confidently treats patients.
- (25) Thalassemia :** It is a dreaded disease found in children. In acute cases, total blood has to be changed every 15 to 30 days. In spite of best treatment and blood

transfusion, chances of recovery is very limited. On examination of such patients, it has been found that their endocrine glands are severely damaged and even all organs of digestive system are found to be sluggish.

The treatment as mentioned above for cancer of blood is also very useful. At the same time, for the deficiency of Haemoglobin in their blood (same way for all patients of severe Anemia) the following treatment along with medicines for anemia as mentioned on page 140 will give astonishing results.

Treatment for increasing Haemoglobin :

Take black dried raisins as may be required daily. Soak them in half a cup of water overnight. Eat these black raisins as mentioned below and drink the water.

	Morning	Afternoon	Evening
1st day	1	1	1
2nd day	2	2	2
3rd day	3	3	3
4th day	4	4	4
5th day	4	4	4
6th day	4	4	4
7th day	3	3	3
8th day	2	2	2
9th day	1	1	1

Check the haemoglobin level of the blood. If necessary, repeat as above after 8/10 days and continue in the same way, till the haemoglobin level is satisfactory. This treatment may also be given to all patients of Cancer, T.B., Paralysis, Arthritis and brain problem or having chronic problem and also to children where there is a deficiency of Haemoglobin.

(26) Pyelitis/Problem of Kidney : When kidneys are greatly damaged, the condition is known as Pyelitis. If proper care is not taken at this stage, the kidneys may fail and the patient is forced to live on Dialysis. With the following treatment, recovery can be obtained :

- (1) Give treatment on all points and also on points related to endocrine glands.
- (2) Give concentrated silver charged water. (Boil 10 glasses of water and reduce it to 3 glasses.)
- (3) Give treatment on Point No. 26.
- (4) Practise Pranayam as much as possible.
- (5) Avoid salt and spices, oil, butter and ghee as far as possible.
- (6) Drink any of the following :

Take musks (thin hairs) of corn, two inner leaves, and one cardamom (एलायची). Boil them in 4 glasses of water and reduce it to 2 glasses. Drink this lukewarm—preferably first thing in the morning.

OR

Take 1 tablespoon Tea. Boil it in one cup of water without adding sugar or milk. Reduce 1 cup to half a cup. Filter it, then add half a cup of water to it. Drink it hot.

In case of complaint of stone in kidney, drink this water on alternate days. You will find improvement within 4 days. When urine is free from bad smell, it is a sign that the disease has come under control.

Several patients living on Dyalisis or those who were advised transplantation of kidney, have been successfully treated. Make it a practice of drinking 'Black Tea' as mentioned above for 12/15 days in a year to prevent troubles of kidney and to ensure their proper functioning.

(27) Muscular Dystrophy and similar other diseases of Brain/ Neuro disorders/ Multiple Sceleriosis/ Retardedness:

This disease is noticed at the end of the 3rd year or afterwards, when there is difficulty in walking, climbing stair cases or when the patient may start losing control of leg muscles and may fall down frequently. Later on, it affects the shoulder muscles and once the patient is confined to a wheel chair, this disease progressively paralyses the functioning of different organs of the body. Later on, the brain stops functioning and the patient dies. This disease has developed in a great proportion causing

great worry. In spite of spending millions of dollars every year, the disease has not been controlled so far. However, Acupressure can play a great role in preventing and curing this disease.

The root causes of this disease are :

- (1) Hereditary-familial.
- (2) Sometimes, when a woman has sex relations with more than one male, there is hormonal imbalance, which often affects her children.
- (3) In families having Red-Green colour blindness.
- (4) Disorder of the female organs. In such cases, proper care should be taken at the time of child-birth.
- (5) Damage to the Foetus during pregnancy, and
- (6) Damage to the brain of the child of less than nine months.

In order to understand the root cause of the dreaded disease, one must know the nervous system—the telephone exchange of our body. The afferent nerves from the five senses of touch, hearing, sight, smell and taste take the messages to the brain. The computer in our brain analyses these messages and sends orders through efferent nerves to the muscles and the muscles act accordingly. Sometimes, we find that we receive telephone calls from outside but we cannot make a phone call to others. Sometimes, the telephone machine becomes dead even though there is no defect in it. The fault is in the telephone Exchange. In the same way, the root cause of this disease is in the brain. The power of the battery becomes weak and so the electric current becomes weak and their passing is disturbed by excitatory nerves fibre due to de-polarisation of cell membrane of motor nuclei. That leads to slow and steady degeneration and there is muscular wasting in the affected muscles. (*See Chapter 2*)

The development of brain and nervous system during pregnancy will be more clear from the pictures given here. The different organs of the brain and other parts of the

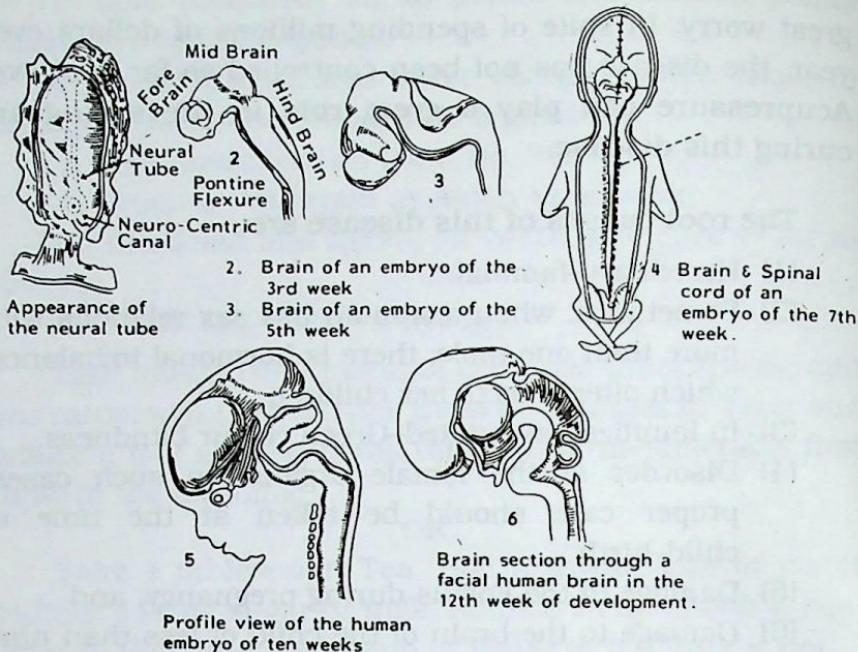


Fig. 119 : A few stages in the embryonic development of the nervous system

nervous system start developing in the foetus during pregnancy and even up to 9 months after the child's birth. And therefore the greatest care should be taken of the foetus and the child during this period. A slight damage develops into a major defect at an advanced stage and then damages the affected part.

As the trouble starts from the brain, it immediately affects the Pituitary and Pineal glands which are situated there. And when these glands are affected, they disturb the working of sex glands. Thyroid and Para-thyroid glands and also Adrenal glands, leading to hormonal imbalance in the body. So at the time of this disease, the points of these glands will be found to be tender and will be paining when pressed.

In order to prevent this dreaded disease, the root cause—hereditary and damage to the brain during pregnancy should be controlled. We take great care of the earth-soil by properly ploughing, watering and cleaning it before the best quality of selected seeds are sown in it. We also take great care to see that these seeds are selected in

such a way that the plant develops properly and can even resist the diseases. However, when planting a human body, no such care is taken nowadays.

Nowadays, semen is not preserved properly and allowed to be fermented till the age of 21–24. Same way, most of the girls have problems of menses which clearly indicates that their ovaries are not functioning satisfactorily. Further, excess drinking of coffee, tea, liquor, smoking and even addiction to drugs have increased, thereby disturbing the metabolism of the hormones. And this imbalance of metabolism of hormones in male and female is one of the prime reasons for the improper development of the nervous system including the brain of the coming child.

Another reason is the improper care of diet, drinking, smoking and drug addiction during pregnancy.

It might be surprising that methods of preserving and cleaning the semen (*Viryashuddhi*) and the egg-ova (*Rajshuddhi*) are given in ancient Indian Health Science—Ayurved. The following instructions are to be carried out to arrest this disease :

(1) Semen in men and Raj/Ova (रज) in women should not be disturbed—wasted through masturbation or sex play but should be allowed to ferment till the age of 21–24 in boys and 18–21 in girls.

(2) Proper treatment should be taken to reduce excess heat of the body and see that menses are regular at least for 4 to 8 periods before conceiving.

(3) The semen and ova (रज) can be purified and activated by drinking gold/silver/copper/iron charged water, one glass reduced from 4 glasses and also by taking Acupressure treatment every day.

(4) After conceiving, the expectant mother should drink this water and take acupressure treatment daily. This will ensure proper growth of the foetus.

(5) An expectant mother should take proper care to see that no damage is done to foetus through improper malnutritious diet, toxification by liquor, tobacco, drugs or

even excess coffee and tea. And excess of all mental and physical activities should be avoided.

(6) All persons suffering from venereal diseases should be prevented from becoming parents.

(7) In those families where this disease is found in the boys, their sisters have a 50/50 chance of being carriers of this disease and therefore should be put to the following tests :

- (a) Serum creatine kinase estimation.
- (b) quantitative electromyography,
- (c) and muscles biopsy.

And in case they are found to be carrier, they must be sterilised so that they cannot have children. They can adopt children.

For those patients who are already affected by this disease, the following treatment will greatly assist them to control these and similar other diseases of the brain and the nervous system : i.e. retardedness/multiple sclerosis etc.

(1) High powered-concentrated gold/silver/copper/iron charged water to be given as under :

½ glass reduced from 8 glasses for 8 days.

1 glass reduced from 8 glasses for 8 days.

2 glasses reduced from 8 glasses to be given till recovery and 3 months afterwards.

1 glass reduced from 2 glasses for a long time afterwards. This treatment will give a push to the brain and motor nuclei and start their functions.

(2) Acupressure treatment of 2 minutes 3 times a day to be given to Point Nos.1 to 6, 11 to 15, 25, 28 and 38.

(3) Treatment on webs and back of palms twice a day will be useful to relieve any nervous tension and correct any impairment to them; also tone them up.

(4) Health drink/powder to be given twice a day.

(5) Green juices of leafy vegetables and honey to be freely given 2 to 4 cups a day.

(6) Fresh fruit juices- 2 to 3 glasses to be given daily.

(7) Blue light to be given for 15 minutes each on head

and on spinal cord and affected parts twice a day. Refer page No. 176.

(8) Kapal Bhati and Bhastrika—see page 103.

(9) Pranayam—see page 102.

(10) Rub the soles of the patient for 5/5 minutes in the morning and evening till the soles are warmer than the head.

(28) Polio : This is due to virus infection in the motor nuclei of brain stem and in the gray matter of the spinal cord and paralysis of the connected muscles.

(a) Give treatment as mentioned under 27.

(b) Give vapour treatment or hot pack treatment on the affected part for one month.

(c) Afterwards, give hot and cold packs alternately for 10 minutes twice a day.

(d) After this, dry up the affected parts and rub oil on them as mentioned on page 175.

(e) Give blue and red light for 10 minutes each on spinal cord/head and the affected parts.

(f) Practise Sun Pranayam, Kapal Bhati and Bhastrika as much as possible.

If the treatment is given within 3 months, it is totally cured. Even if the treatment is tried later, it gives good result and reduces the defect.

(29) Meningitis : This is due to congestion of water in the brain.

(1) Please give full bed rest.

(2) All treatments as mentioned under 27 to be given.

Caution : In hospitals fluid is extracted from the top of head. Many times, this disturbs the Pineal gland and thereby Pituitary and other glands, which leads to malfunctioning of some organs and leads to early awakening of sex desire, leading to juvenile delinquency.

(30) Parkinson's Disease (Shivering of any part of the body) : This is due to hypertension damaging the nerve endings. Treatment to be given on Point Nos. 8, 3, 4, 25 and also treatment shown for nervous tension. Patient

must drink at least 2 glasses of silver/copper charged water reduced from 8 glasses daily.

(31) Mental Breakdown/Depression and Madness :
All treatments as mentioned in 27. Plus as mentioned under 13.

(32) Coma : When the patient is in a coma, give him-

1 oz concentrated gold/silver charged water—luke-warm (reduced from 32 oz to 1 oz) and from the next day, after he becomes conscious, give all treatments as mentioned under 27.

In all cases of serious and chronic diseases also combine treatment shown in chapters 6, 7, 8 and 9 for faster recovery.

The cure achieved as a result of this treatment is not temporary but of lasting nature. The organ starts functioning normally and will continue to do so until the laws of nature are broken. You will also note that Mother Nature helps us to cure the diseases if we give her time to cure us. And Acupressure treatment helps Nature—our body—to get rid of the disease faster. And thereafter with regular treatment, health could be maintained.

In case of contagious diseases, it is advisable to keep the patient isolated; at least keep the children away from the patient. Wash his clothes and utensils separately and preserve cleanliness.

Please note that all the diseases, whatever may be their different names, are related to the functioning organs of the body. Therefore, for treating any disease, not named here, the root cause and the organ affected must be found and treatment should be given on the point corresponding to that particular organ.

Please note that any disease except Death is curable. And Death is a MUST for every living being. Do not be afraid of Death. It is the door through which everybody has to pass to enter a new world. Death is like a kind mother who takes away this old body and gives us a new body—a new life.

CHAPTER 16**INSTRUCTIONS FOR THE PRACTITIONER**

(1) A practitioner of the Acupressure Therapy must study Physiology properly so that he/she becomes well conversant with the functioning of the body. This will help him/her to diagnose the root cause of a disease.

(2) In case of any problem, just check up the Solar Plexus, and set it right if it is not in order. (See Page 63) Secondly, see that the network of nerves passing through the spinal cord is in order. Otherwise correct it as shown on fig. No. 83.

(3) He should confine the total treatment to not more than five minutes on the first three days.

(4) Subsequently longer treatment (5 to 8 minutes) on each point is possible on the feet but do not give more than 3 minutes treatment on any one point of the hands.

(5) After other points are treated, treatment must be given on Point No. 26 of kidney on both the hands or legs because the toxins thrown out by other organs of the body will come to kidneys. So the kidneys must be activated to throw out these poisons/toxins from the body.

(6) In case there is pain on more than 3 points on the palm or sole, it is a clear sign that the life battery has become weak. So in such cases and in cases of chronic diseases, the patient must be advised to drink lukewarm copper/silver/gold charged water and Health Drink at least 2 or 3 times during the day. Moreover, light food and longer hours of sleep are a Must. This will help the patient to recharge and empower his life battery and he will get cured soon.

(7) For people suffering from chronic diseases or confined to bed, feel their endocrine glands (pituitary, pineal, thyroid, adrenal, pancreas, sex glands). If you observe that there is pain in at least 2 of these glands, it means that these glands are also to be treated first. But be

careful not to treat any of these glands for more than 1 minute on the first day. Only after the 3rd treatment if the pain continues, about 2 minutes treatment can be given for these glands, 3 times a day on the palms or 5 to 7 minutes on the feet.

The practitioners must also study other therapies like Chromotherapy, Naturopathy and Biochemic medicines etc. as mentioned in this book and also use these therapies wherever necessary to give faster relief to the patient.

When Acupressure treatment is given, because of flow of Bio-electricity, the magnetic field in the body becomes normal. Therefore, it is not advised to combine magnetic treatment—atleast use of high power or electric magnets should be avoided, when Acupressure treatment is given.

Last but not the least, confidence must be created in the patient that Nature is very kind and the body is capable of curing all diseases and that Acupressure therapy hastens the process of healing. Thereafter the treatment given on all the points will hasten the process of healing.

The practitioner should teach this therapy to the patient, so that he can treat himself without the help of others.

The practitioner must bear in mind that this is a God-given therapy, installed in our body; and therefore he can definitely cure the patients by pressing on the tender spots either in palms or soles. A blind or even an invalid person can easily master this art of healing and can earn his bread most honourably.

CHAPTER 17**TEN MINUTES A DAY TO KEEP THE DISEASE AWAY**

Daily treatment of Acupressure to be taken on the two palms and/or the two soles :

You must have observed that all points on two palms are upto 1 inch below the wrists and upto one inch around the ankles. So without worrying about where different points are located, just go on pressing both the palms or soles-front and back-for 5 minutes each.

For those above 40, two minutes pressure on one inch circle between wrist and elbow of right hand is to be taken as shown on page 145. This treatment can be taken at any time in any position and should be made a part of one's daily routine. Before taking this treatment, check Solar Plexus and correct it, if necessary.

Over and above this treatment, following exercises may be taken for maintaining good health, strengthening the endocrine glands and keeping the body fit and supple.

(1) Jogging : Running on one spot is called jogging. Start with 1 minute daily and reach to 3 minutes.

(2) Sarvangasan : Lie down on the back, lift the legs straight up and then the body supported by your hands till you come in the position as shown in the figure. Useful to throat-head and the full body through proper blood circulation.



Fig. 121

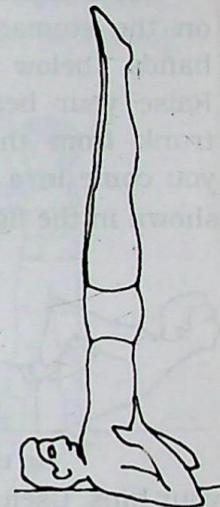


Fig. 120

(3) Halasan : Lie down on the back, take the legs stretched behind to touch the ground as shown in the figure. Useful for spine and digestive organs, abdomen.

(4) Padpaschimottanasan :

Sit with stretched legs, bend forward, touch the toes with finger-tips, bend still further till you reach the positions as shown in the figure. Later on try to touch the knees, with the forehead. Useful to digestive organs and spine.



Fig. 122

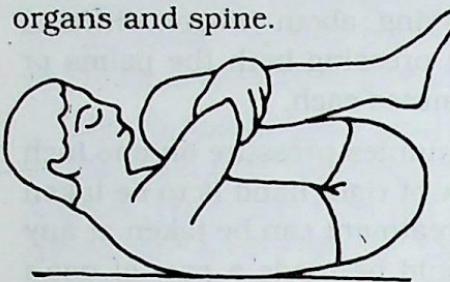


Fig. 123

(5) Pavanmuktasan : Lie down, on your back. Bend legs and bring them inside, clasp them with hands. Bring the head up to touch the knees as shown in the figure. Useful for Gas trouble.

(6) Bhujangasan : Lie on the stomach, pull the hands below shoulders. Raise your head and the trunk from the front till you come in a position as shown in the figure. Useful to digestive organs and spine.

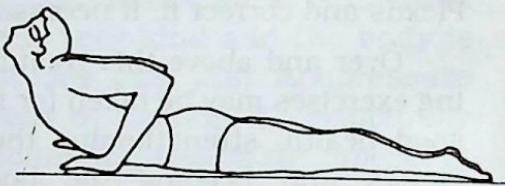


Fig. 124

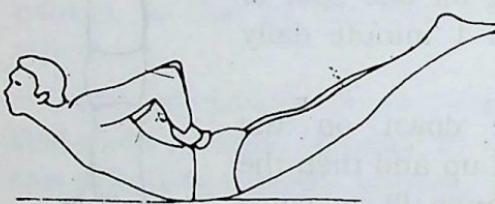


Fig. 125

your hips. Useful to digestive organs and spine, abdomen.

(8) Dhanurasan : Lie down on the stomach. Hold the legs with the hands. Pull up the abdomen as shown in the figure. Useful to whole sciatic nerve and digestive organs, lungs, abdomen.

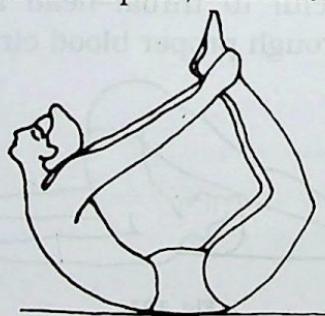


Fig. 126

(9) Sinhasan/Sinhamudra :

Bending the legs sit tight. Open the mouth, take out the tongue, force it out as far as possible. (See the figure.) Useful to throat and eyes and improves facial uplift.



Fig. 127

(10) Stand erect keeping a distance of 12 inches between two legs. Raise the hands as per fig. Then twist to the left as fast as possible, giving a jerk. Come to above position. Twist to right as fast as possible. Come back. Repeat 10 times. This exercise is very helpful for activating Spleen and Liver.

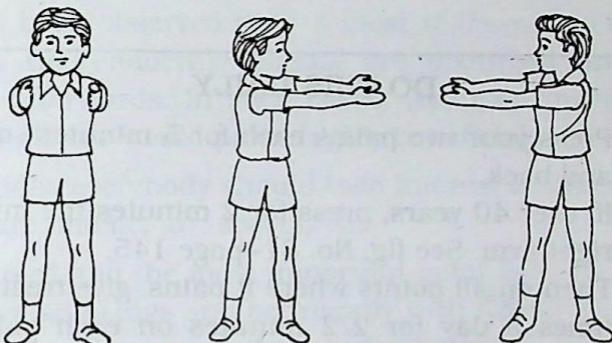


Fig. 128

In the beginning, all the positions shown may not be attained. But with practice, one will be able to attain each position.

Duration of all these asans : Starting with 10 seconds reach to 1 minute for each asan/position.

Breathing : Normal.

Dress : As light and as loose as possible. Cotton dress is preferable.

Effect : All these exercises help proper digestion, blood circulation, proper oxygenation, proper functioning of the endocrine glands, and add to the suppleness of the body.

Net result : Regular exercises would keep the body healthy and fit. Sinhasan is very good for throat and facial beauty. People of any age can do these 'asans'.

Pranayam : This can be practised any time and anywhere. Thus only ten minutes a day is enough to keep the diseases away.

DO THIS DAILY

- (1) Press your two palms each for 5 minutes—on front and back.
- (2) If, over 40 years, press for 2 minutes the middle of right arm. See fig. No. 81—page 145.
- (3) Then on all points where it pains, give treatment 3 times a day for 2/2 minutes on each point like pumping.
- (4) In the evening, while sitting in a chair, roll your soles of the legs on a roller. See fig. 69—page 111.
- (5) Make a habit of drinking :
 - (a) One glass of hot water—preferably as first thing in the morning.
 - (b) Drink one glass of green juice adding 1 tablespoon of honey.
 - (c) Drink one glass of fresh fruit juice.
- (6) Correct Solar plexus and avoid constipation.

CHAPTER 18**CONCLUSION**

In treating any disease, find out the root cause first. It is necessary to remove the root cause of the disease to cure it permanently. For example, piles are caused by continuous constipation. Therefore to treat piles, constipation should be cured first.

In the same way, cough and cold are caused by constipation and weak digestive power. Therefore, the root causes should be removed when taking treatment for that particular disease.

Mind : Mind has a great control over our body. A happy mind in a healthy body is the goal to be achieved.

Happiness of mind can be achieved by stopping all unnecessary worries. It will be observed that in Nature, nobody worries for future. If a note is made of all the worries, it will be found that most of them are unnecessary and could be easily avoided.

It has been observed that in most of the psychological problems, the endocrine glands are disturbed and not corrected afterwards. In such cases, treatment on all the endocrine glands would prove highly beneficial.

Secondly, everybody should take interest in others and in literature, music, art, sports, etc.

The third and the most important point is :

To love all beings and be friendly with them :

To forgive all and ask them to forgive you.

Please note that :

To give is Divine.

To earn a living honestly is Human.

To snatch others' property and effect pain to others by body, words or even mentally is a sin.

We all are born as Humans. Let's try to be Divine.

When Mother Nature has provided us with such a simple and easy treatment to avoid diseases and even to cure them, we all must follow the instructions given by

Nature. These Therapies only help Nature to cure oneself. Let us not forget Nature in our pursuit of science.

This Nature's 'DO IT YOURSELF' ACUPRESSURE Therapy' itself is a science and not a matter of belief.

Dear reader, you know that this treatment does not cost you any money. Moreover, it is harmless as it has no side effects. Therefore as a sensible person desiring good health, which is our birthright, try this Therapy sincerely and regularly for at least 15 days and observe its wonderful and amazing results. Thus you will become your own Doctor and a firm believer that YOUR HEALTH IS IN YOUR HANDS. At the time of pressing your palms or soles, please thank the Great Power who has installed this wonderful system of self-cure in your body.

USEFUL HINTS

(1) For increasing heat in the body :

- Drink $\frac{1}{2}$ glass of hot water every 30 minutes till you feel fresh.
- Take the following with hot water $\frac{1}{2}$ teaspoon of Turmeric powder + $\frac{1}{2}$ teaspoon of grounded Bishop's seeds (अजवाइन) & OR $\frac{1}{2}$ teaspoon of Mahasudarshan powder.
- Rub the soles with soft nylon brush (used for washing clothes) 5 to 10 minutes—three times a day, till the soles are warmer than the head.

(2) For removing excess heat from the body :

- Take first thing in the morning 1 teaspoon of Haritki Churna (Harde Powder—Powder of Terminalia Chebula Retz) + $\frac{1}{2}$ teaspoon of sugar for 8 to 10 days continuously, then twice a week. This will also keep the bowels clean.
- Take powder of 15 black pepper (काला मसी) + 2 teaspoon of crystal sugar. Blend them in $1\frac{1}{2}$ glass of water and drink all as first thing in morning for 10 days. After 10 days, add 5 almonds in blending and drink for further 10 days. This is very useful even in Jaundice, Psirosis, Sunstroke, etc.
- Take 5 black pepper (काली मिर्च) + 10/12 black raisins (काली द्राक्ष) + 1 teaspoon of Saunf (सौंप) soak them in one glass of water in the evening. Next day, blend them and drink it in the afternoon. A useful drink in summer.
- Take equal quantity of Cumin Seed Powder (जीरा) Black Pepper (काली मिर्च) Saunf (सौंप) Amla Powder (आमला) Crystal Sugar (मीसरी) Ginger Powder (सुड़) Grind them into powder and keep it in a bottle. Take 1 teaspoon of this powder with water in the morning and evening.

(3) For Tonsils : Mix 2 Drops of Glycerine Tanic Acid with $\frac{1}{2}$ teaspoon of turmeric powder (हलदी). Apply it on both the tonsils inside the throat and then gargle with lukewarm salted water. Do this two to three times a day.

(4) **Bleeding or pain in gums**: Massage the above mentioned mixture glycerine tanic Acid and turmeric powder on gums and then gargle with lukewarm salted water.

(5) **Earache and pus**: Put 2 drops of Hydrogen Peroxide in the ears. Clean the foams and then put ear drops.

(6) **To activate kidney**: Over and above giving Acupressure treatment for 2 minutes three times a day on point No. 26 of kidney, drink 1 cup of Black Tea, (Put 1 cup of water to boil; put in it 1 teaspoon of Mamri (Dargeeling) Tea. Boil till the water is reduced to $\frac{1}{2}$ a cup. Filter it and add $\frac{1}{2}$ a cup of water; drink as first thing in the morning for 12 to 21 days till the first urine of morning becomes clear and odourless.

If possible, drink daily silver charged water 2 glasses reduced from 8 glasses.

This treatment may be tried once a year. With this treatment, dialysis and even operations for kidney transplantations are prevented.

(7) **To cure Rashes**: Add 2 teaspoon of Turmeric Powder (हलदी) + 2 teaspoon of Grounded Bishop's seeds (अजवाईन) + 2 teaspoon of Sugar in 4 glasses of water. Boil it and reduce it to two glass. Drink one glass of such water as first thing in the morning and the other glass before sunset. Within 2 to 3 days, Rashes will be cured.

(8) **For Diabetes** : Over and above taking treatment on all endocrine glands for 2/2 minutes 3 times a day.

(a) Drink 2 glasses of Gold/Silver/Copper/Iron water-reduced from 4 glass of water.

(b) Drink $\frac{1}{2}$ a cup of juice of Corriander Leaves (कोथीमीर-हरा धनीया) as first thing in the morning for 20/30 days till sugar level has come to normal.

(9) **Pain reliever** : For all types of pain, the following treatment gives instant but temporary relief. Take 1 teaspoon of ordinary salt. Heat it in a pan till it becomes red/gray. Put 1 to 2 grains-a little-of it on tongue-every

five minutes till the pain subsides but limit 3 to 4 times only.

If this salt is taken at night, it causes sleep.

Be careful not to take this salt in excess or form the habit of taking it.

(10) To purify blood : For 30 days, drink the juice of the following as first thing in the morning :

21 leaves with the stalk of bitter Neem.

21 leaves with the stalk of Tulsi.

21 (7×3) leaves with the stalk of Bilipatra

Honey can be added to the juice.

(Only if such leaves are not available, tinctures of the same—duly mixed—will be available at Homeopathic Pharmacy/Shops. Take 5 drops of this mixed tincture in a half a cup of lukewarm water in the morning and evening.)

(11) Head/Brain Wash : In case of severe headache, congestion of Sinus or Brain problem, the following powder is very useful for instant but short term relief.

How to prepare : Take equal quantity of Kayfal (कायफल) (If not available—take Black pepper), Cardamon (एलायची) Saffron (केशर) Grind them into very fine powder and keep it in a bottle.

How to use : Take a little of this powder and inhale like snuff deeply into one nostril—while closing the other one and then in another nostril. keeping the first one closed. There will be watering from the nose and eyes and heavy sneezing for about 10 to 30 times. Do not worry if the mucus coming out is reddish. Repeat, if necessary. But only TWICE a week.

(12) How to create cooling effect in the body : Open the mouth, put out the tongue and draw in (inhale) air through the mouth. Close the mouth. And exhale through nose after retaining the inhaled air as long as possible. Repeat 15/25 times. You will immediately feel cool. This method is called 'SHITALI' (शितलि) in Yoga and found to be very useful in Summer, Sunstroke, Fever or whenever cooling effect is necessary.

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Rishis	= Ancient Yogis-saints
Injection	= shot
Peg	= short
Gram flour	= flour of a pulse called gram
Sudarshan Powder (सुदर्शन चुर्ण)	= A bitter Ayurvedic Powder
Harde/Haritki (हरडे/ हरितकी चुर्ण)	= Powder of Terminalia chebula Retz-an Ayurvedic medicine.
Kayfal (कायफल)	= N. O. Myricaceae
Bilipatra (बिलीपत्र)	= Eagle Mar
Neem (नीम)	= Azadiracta Indica.
Tulsi (त्यामतूलसी)	= Ocimum centum
Amla (आमला)	= Embalica—an Indian fruit (having concentrated vitamin C)
Nux Vomica }	= Homeopathic medicines
Thuja }	= Biochemic medicines
Cal. Phos + Cal. Fl. + Kali	
Phos + Nat. Mur + Kali	
Iodide	

(All Homeopathic & Biochemic medicines are available in any Homeopathic Drug Store/Pharmacy.)

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NEW CONCEPT ABOUT ENERGY

The therapies of Acupressure, Acupuncture, Shiatsu, etc. are based on the principle of Bio-electricity. Moreover, E.E.G. and E.C.G. also prove the existence of electricity flowing in the body. So to function properly the human body requires electricity with equal positive and negative charge. It has been proved that excess of positive electricity creates excess of heat in the body-leading to many problems of hyperacidity-sluggish liver, damage to the brain, etc. and other diseases. Excess of negative electricity leads to excess of water content in the body, reducing the digestion power in the body. That is why the food we take in should be as far as possible balanced in positive and negative electric charge.

It is a well-known fact of science that energy cannot be created; it can only be transformed. Now due to combustion of hydrogen gas, the sun has become a tremendous powerhouse of energy. This is received on the Earth in the form of sunlight which not only gives us light and heat but also electric energy. All the vegetation-fruits, crops, etc.-is only because of the sun. The cereals, pulses go on collecting this Solar Energy for 30 to 45 days after the bush has developed. And when this staple food is consumed it is converted into energy in our body. In the same way, the fruits gather this Solar Energy and grow bigger and ripen and when eaten give good amount of nutrition. Likewise, this Solar Energy is collected by the grass and leaves. The thicker the leaves, the more Solar Energy and medicinal value they have. Moreover, green grass and leaves are easily digestable and contain in them equal quantity of positive and negative electricity. The mammals like goat, cow, buffalow and camel consume green grass and leaves and convert the hidden energy into nutritious milk. Moreover, animals like the horse, the rhinoceros and the elephant live only on this vegetation and are considered to be the strongest. Now, we can tap this abundant and free source of energy for our body. It is true that we cannot eat large quantity of grass and vegetation; but the extract of leaves,

grass and of all non-poisonous vegetation can be consumed easily. It is digestable and gives the human body all types of salts, minerals, vitamin 'C' and a good amount of energy.

In case of dreaded disease like Cancer, the main problem often is loss of weight and stamina because more cells die every day than are created new in the body. In all types of Cancer, the patients are kept in a special diet of:

- (a) 4 to 5 cups of green juice extracted out of all types of leafy vegetables, cabbage, carrots, etc. adding therein honey.
- (b) 2 glasses of fruit juice.
- (c) Plenty of green salads + sprouted pulses and after 15 days, 8 to 10 oz of curds

And surprisingly these patients gain weight of about 3 to 5 lbs per month; get more stamina and also their disease is cured.

Similarly, in all chronic cases and brain problems, the patients are kept on the above diet and the results are astounding. This only proves the great amount of Energy and Medicinal value this green juice has.

Every year, lots of these leaves ripen and fall down and are wasted. These leaves can be used to get its extract. Even the dried leaves can be soaked in water for two hours and their extract can be taken. Moreover it is possible to grow 20 to 24 crops of such vegetation in a year. The waste of these green leaves can be used as fodder for the animals and can be used as wet pack on skin problems. Thus, there will be full utilisation of the leaves.

Now honey is a great source of Solar Energy and has great medicinal value; when it is added to the green juice in the proportion of 1 tablespoon to one cup of green juice, it becomes a perfect food, is easily digestable and is very quickly transformed into blood.

Secondly, after the body is fully developed by the age of 18-21, what the human body requires is enough electric energy to maintain it in such a way that the body remains energetic and capable of doing all the required work and of enjoying life fully. Therefore, from the age of 20 onwards, food intake should be reduced gradually and after the age of 60, the intake of food should be brought down to the

minimum. Our diet should be supplemented more and more with green juice, honey and fruits. Moreover, if everybody carries out the experiment shown in this book to find out which eatables/drinks are suitable to his body and eats accordingly, the total requirement of food will be minimised to a great extent.

It may be noted that through the experiments carried out in China and Japan it has been found out that if one makes a practice of eating preparations of only one cereal like rice or wheat or pulses without any salt or spices and milk vegetables or fruits, etc. and stays for 12 days twice a year, the body acquires the proper balance of positive and negative electricity and becomes so immune as to resist even the nuclear radiation. Afterwards, if a balanced diet consisting of 65% of staple food + 35% of milk and its products; oils, fruits, vegetables, etc. are taken with minimum of spices; the body remains healthy and energetic throughout life. This is also amply proved by Jains in India. They do a penance of 9 days twice in a year. They take preparations of rice on the first day, wheat on the second day, gram on the third day, Chinese peas i. e. Mung on the fourth day; black Udada on the fifth day and only rice on the remaining four days. They have been doing this for thousands of years. Sometimes, some one performs such penance for 500 days. It has been observed that such a person does not suffer from any disease for want of nutrition or vitamins. This is only because he consumes food which has equal quantum of positive and negative electricity in it. Moreover, he takes such food only once a day and boiled water during the day. This clearly proves that the human body can stay healthy and capable of doing the daily chores with a minimum of food. This fact is also proved by Mahatma Gandhiji, Sri Vinoba Bhave, Morarji Desai and many others. Moreover, it also proves that there is no necessity of eating meat, fish, eggs, etc. to get more energy.

If all the people gradually follow this principle of reducing the food intake and supplementing it with green juice, fruits, etc., there will be enough nutrition available on the earth and there will not be any more famine. Moreover, the body will remain healthy and most of the problems of indigestion, overweight, etc. will be controlled automatically. It may be noted that just by consuming more juice of GREEN, people will become EVERGREEN.

WHAT THE PEOPLE SAY ABOUT THIS BOOK

"*Health in Your Hands*" is found to be very useful. The language is simple and all the suggestions are practical and so one can become practitioner of Acupressure only by just reading it thoroughly. It is a boon to the mankind."

Thousands of readers not only in India but all over the World say thus.

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Dr. Sat Paul Singh, Professor of Punjab University, Patiala.

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"My wife was losing weight and stamina and the disease was not diagnosed. Sri Vora made a correct Diagnosis and she started treatment as per the book. She gained weight and stamina and within 60 days she fully recovered."

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"On the basis of your book, I had spread health to the people of Mauritius and now I am spreading health to the people of FIJI. My blessings and congratulations for writing this book for the benefit of the mankind."

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'The useful book is now revised to make it more useful'

'Readers are requested to express their views to the press - so many patient like them can benefit from this therapy.'

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Ancient unknown sages	Who found this Therapy
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